



Senior angst revealed

Several of the paper's departing seniors deliver their parting shots on everything in the high school from transition to marijuana.

pages 5,6



Student sex in the 90's

Shakerite survey reveals the attitudes of students about sex, sex education and condom distribution in the high school.

pages 8-9

VOLUME 63 • ISSUE 6 SHAKERITE

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SHAKER HEIGHTS HIGH SCHOOL • 15911 ALDERSYDE DRIVE • SHAKER HEIGHTS, OHIO 44120

NEWS BRIEFS

Chess team places first at nationals

The chess team placed first in the National High School Chess Championship in Dallas, Texas, on Apr. 2-4.

"I knew for a year that we had a good chess team. How good it was was yet to be determined," chess coach Ruben Henderson said.

The team competed against 2000 students from all across the United States.

"[The competition] got harder as it progressed," senior Kenyatta Pollard said.

Henderson said that teams that have done very well at the state and national levels have had commitment from the students.

"The only way (for the players) to win is to practice and compete on their own as well as attending practices every Saturday from nine to noon," Henderson said.

According to Henderson, the chess players that participate in other extracurricular activities are better chess players.

"A kid that is multi-talented has the right attitude about winning and getting things done. These kids do better and manage their time better," Henderson said.

The members of the team who competed were Lund, who placed fourth overall; Pollard, who placed 19th overall; sophomore David Lynch, who placed 3rd in class D; and junior Larry Johnson, who placed 10th in class D.

Students win awards

Senior Meredith Balcerzak received the Most Treasured Volunteer Award of Greater Cleveland. She was one of 10 award winners chosen by the Federation for Community Planning out of a pool of 600 applicants and was the only student to win an award.

Senior Jodi Wilkoff was named as one of five winners who exemplify the beliefs of Dr. Martin Luther King Jr. and received a \$200 bond. The award was given jointly by Temple Emanuel and the Antioch Baptist Church.

MAC meets with Hagan

Members of the Minority Achievement Committee (MAC) met with County Commissioner Tim Hagan on Apr. 30 to discuss the program and its effect on African-American male students in the high school.

Hagan was reportedly impressed by the progress of MAC in its efforts to improve the grades and attitudes of the African-American ninth and 10th grade students it tutors.

Project restrictions tighten

BY MARGARET SAWYER

Staff reporter

A new eligibility requirement for senior project has made the list of seniors going on project this year significantly smaller than it has been in past year, according to science teacher John Schutter.

The new restriction says that a senior will be ineligible for senior project if they receive a grade below a C-minus. This differs from the previous guideline which said that a senior would be eligible only if they were passing each class. Schutter disagrees with this new policy.

"Should you stick around because you got a D, or should you get out for the chance and experience?" science teacher John Schutter said. Schutter has been very involved with project in the past.

Many students say that the rule should not have been changed, but some think students who get grades below C should not be able to go because they have not earned the right to go.

"You can't let people just run away when they're doing badly. It's a question of the Shaker standard," senior Roni Mintz said.

Other seniors are concerned because a single cut all year can keep them out of project and because all library fines must be paid. However, senior Sarah Cohen does not see a problem.

"A lot of people are complaining that it's really stringent," said Cohen. "It's a pain to make sure all your absences are cleared up right away and get your fines taken care of, but it's really not a big deal and it's worth it."

Some teachers at the school feel that some seniors have been scared away by the tight restrictions, and didn't even apply because they were concerned they wouldn't be eligible. As of last week, of the 319 students in the senior class, only 227 of them will go on projects, according to Isaac Smith, the 12th grade assistant principal.

A few seniors, like Brendan Sheeran, have to skip project for college reasons. "In order to get into the college of my choice, I have to complete the school year to get my grades in tune."

This year's seniors are playing the role of guinea pig in another area as well. For the past 18 years, Schutter and social studies teacher Baird Wiehe have been in charge of the project, but this year they handed the responsibility over to Smith and principal Dr. Jack Rumbaugh.

"The rewards were there when the



HMM...WHERE DID THEY PUT MY NAME? Senior Lisa Brooks checks the senior project list posted outside of the main office to see if she is still eligible to go on project. The new requirements make it more difficult to be eligible. Shakerite photo by Jason Hamilton

projects were done, but getting all the projects checked out and working with all the kids in all their classes (trying to get them eligible) took a lot of time and energy," said Schutter.

Because of the change of hands, the project ritual has undergone some transitions. This year did not have the annual December Senior meeting in which project was explained to the seniors and they were warned to watch out for cuts or excessive absences.

Senior Andy Toomajian says, "I feel it's getting done, but it's getting done inadequately. For me it's really frustrating that the administration hasn't been more helpful."

According to Rumbaugh, senior project is an individual activity or experience that seniors can choose to do in place of their last four weeks of school. The project must have a sponsor, comprise at least 100 hours and be accompanied by a presentation to be given June 4. The Senior Project Review Board (Rumbaugh and Smith) must approve the project.

Most seniors feel that senior project is more productive than spending time in school, when they probably would not be able to focus and pay a lot of attention.

"You feel independent and you can do something outside of school to help other people," said Courtney Furcon, who will design AIDS awareness T-shirts.

"You've done traditional education for 12 years of your life and all of a sudden you get to do something educationally that you'd really like to do," said Schutter.

Senior Tali Lando, like a number of other students and teachers, feels Senior Project is more of an opportunity to miss school than to really learn something.

"It's basically kind of a joke," she

said. "A lot of people try to see what they can get away with and have a good time."

Senior project is good for the community and the school, according to Smith as there are students every year who do worthwhile projects within the school system or the city of Shaker. Both SGORR and Stage 3 have come out of senior project.

Smith cautioned next year's seniors against slacking off with attendance and grades.

"Start acting like you're going on project in the fall, and really do it now."

Seniors displeased, but not discouraged

- 87 percent of seniors surveyed applied for senior project.
- A third of seniors who did not apply said they were intimidated by the requirements.
- 94 percent of those who applied for project were approved, pending their meeting of the eligibility requirements.
- 78 percent said that they were not pleased with the new qualification requirements for senior project.

Source: Shakerite survey of 104 seniors

Farrell speaks at Lecture Series

Mike Farrell, best known for his role on the television show M*A*S*H, spoke at the 10th annual Shaker Lecture Series on April 19.

Farrell, who is now a goodwill ambassador for the United Nations High Commission on Refugees (UNHCR), spoke mainly about his travels around the world, and his work as a human rights activist.



Basketball tournament raises money for Minority Achievement Committee

BY NANOR TABRIZI
Co-News Editor

Eighty-four students consisting of 12 basketball teams participated in the second annual Minority Achievement Committee (MAC) Basketball Tournament held in the boys and girls gymnasiums on Apr. 21-23.

The tournament raised \$550 by charging an entree fee of \$20 to each team and one dollar per ticket. The money will be used for the MAC Awards Program, honoring ninth and 10th grade black students who improved their grade point average during the past year, according to MAC faculty adviser Mary Lynne McGovern.

McGovern said that the tournament was more successful this year because of the club's experience with the tournament last year.

"The student's behaved beautifully. We had more help this year. Teachers and faculty volunteered and refereed, operated the scoreboard and clock, coached and helped to organize the tournament," McGovern said. "There was also better participation this year because students found out from word of mouth how much fun it was last year."

Of the \$550 raised by the tournament, \$318 was collected from the individual ticket sales, according to MAC adviser Michael Nash.

"Based on the money earned the first day, 100 kids were in the boys gym

alone," Nash said.

Some participants in the tournament, however, were not impressed by the crowd participation.

"There was a bigger crowd last year and they were more hyped about the game. I think more people came to see us last year because students were more excited about basketball as a result of the varsity basketball team's success," senior member of the winning team, Tyrone Hite said.

Hite said that the lack of crowd enthusiasm did not get in the way of the tournament's competitiveness. He also said that a lot of the teams knew each other's playing styles.

"It was fun but it was all about competition. All the people (who played in the tournament) were from our neighborhood. We all knew who the best teams were," Hite said.

McGovern said that she was impressed by the competitiveness and leadership displayed by the players.

"I saw leadership skills displayed among the members of the teams. They took charge and did it responsibly. Most reported to meetings and met deadlines," McGovern said. "From the planning stages to the final days of the tournament, [the players] conducted themselves with maturity."

McGovern partly attributes the maturity of the players to MAC's efforts to provide examples of leadership.

"The performance of the players is partly due to the modeling of the MAC

leaders. They saw what the ingredients of leadership were," McGovern said. "There is a lot of what it took to be in this tournament that can be transferred to academics."

Aside from leadership skills, participants also displayed determination, especially the winning team who competed with only five players instead of seven, according to McGovern.

"These kids played for two hours solid. They were soaking wet and tired, but they did not give up. They were very much like people running a two hour marathon. There was a sense of determination," McGovern said.

Outside of the competition, students also played to have fun.

"The bottom line was fun. That was the main goal, the side effect was raising money," Nash said.

The winning team was "Kiss the Rim." The members of the team were captain senior De'Juan Goodwin, senior Tyrone Hite, senior Courtney Ledyard, junior Duwan Young and senior Antonio Martin.

The runner up was the "Dream Team." The members of the team were freshman Ian Burks, freshman Bob Shepard, junior Corey Landers, sophomore Jermaine Bowden, sophomore Justin Siggers, senior Wendell Siggers, freshman Raymone Harris and sophomore Tony Jiamoh.

The team "7-11" placed third in the tournament.

Life Ball art project unites student body

BY RAHILA ANSARI AND DENNY IVES

Staff Reporters

In an effort to raise school spirit, one inch by 14 inch strips of cloth donated by students and faculty were connected to form the Life Ball and displayed in the Eli Gallery beginning Apr. 29, according to art teacher Susan Weiner.

Weiner said that she came up with the idea of a life ball through her own personal experiences as a parent losing her children to college and as a daughter who has lost her father to death.

"People lead such individual lives that they do not relate to each other. But the Life Ball reminded me of a paper ball that contains many little treasures. If one looks into the Life Ball, there are treasures to be seen," Weiner said.

The Life Ball has been adopted by the senior crafts class who has helped to organize the project by making posters and passing out information leaflets explaining the Life Ball, according to senior Halley Smith.

To some, the Life Ball is a unique idea because of the personal statements written by the donor explaining why the cloth is important to them.

"The thing is watching it grow, but the stimulating part of this thing is reading the the reasons why the cloth is special to them," Principal Jack Rumbaugh said.

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Student playwright receives award

BY TONYA HUFFMAN

Staff Reporter

Senior Carter Bays won the top honor from the Dramatists Guild of New York's Young Playwrights Festival in early April with his play, "Five Visits from Mr. Whitcomb."

"Five Visits from Mr. Whitcomb" is about a man who is cut off from society that one day gets a visit from a representative of the IRS who comes to audit him.

Bays' play was chosen one of nine final plays from 942 submitted. By becoming a finalist, Bays will receive an all-expense-paid trip to New York City at the Playwrights Horizon where his play will be reviewed by a professional director, playwright and professional actors. After the reading, the committee will choose three or four of the nine plays to be produced in an off-Broadway production.

Bays believes that his play has a good chance of being produced.

"The version of the script that won was practically a rough draft. I've been revising it a lot lately, so it should be much better by the time of its reading," he said.

In addition to the play that won Bays the trip, he has also written plays that have

been produced in New Stages shows in the past two years. His play entitled "Beaver Goes Nuts", directed by present senior Sarah Cohen, was produced last year in New Stages X, and is about a kid who blows up a school just to get his obsessed television parents' attention. "Seas of Coffee", directed by senior Kimberley Butler, was produced this year in New Stages XI and focuses on the end of the world from the perspective of Arabica on Shaker Square. This play was also entered in the Dobama Theater's Marilyn Bianchi Playwriting Competition last year and was produced in June at the Dobama Theater in Cleveland Heights. Another of Bays' plays, "Land," directed by junior Margie Herwald, was also produced this year in New Stages XI and is about a girl that was recently in a plane crash who is now in a lifeboat and she comes to terms with her family. "Land" will be given a reading at the Cleveland Playhouse in the Brooks Theater.

Bays emphasizes the importance of good playwriting.

"Basically my belief is that theater is an entertainment industry first and foremost. A play can be brilliant, but if it doesn't entertain the audience in some way, it's really not worth watching," he

said. "That's why the awards were so gratifying; to know that somewhere out there someone was being entertained."

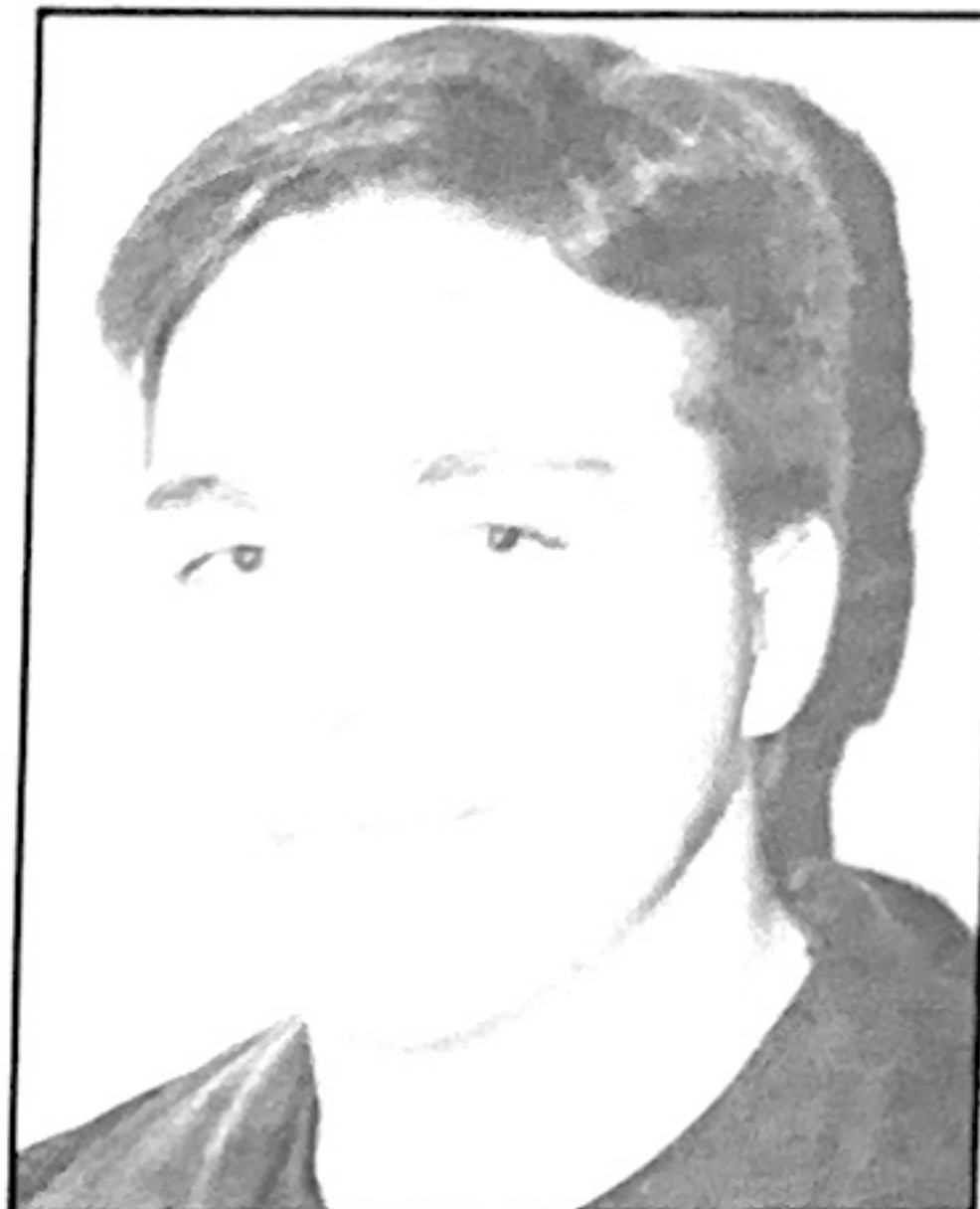
Bays believes that he owes his success to his teacher in his course at the Cleveland Playhouse, Joanne Durante, theater department chairman James Thornton, and Kelly Myers, director of the T-3 Improv and Shakescenes.

For senior project, Bays, along with senior Andy Toomajian, are writing, producing, directing, editing and performing in a television show on public access cable channel 24. The show will feature T-3 Improv, a 20-member improvisational comedy group. Bays describes the upcoming production as a cross between "Saturday Night Live" and "SCTV".

"My writing is becoming more and more grave everyday. I'm dealing with much more serious things now. I am maintaining that delicate equilibrium between tragedy and comedy," he said.

Bays plans to attend Wesleyan University. Although he is not sure what his major will be, he is strongly considering a career in the entertainment industry.

Bays considers his future very important and doesn't want to rush making decisions that could possibly be to his disadvantage.



FUTURE SHAKESPEARE? Senior Carter Bays received the top honor at the Dramatists Guild's Young Playwrights Festival in early April.

Shakerite photo by Jason Hamilton

"I'm not about to make lifelong decisions at this point. Playwriting is something I take very seriously because it is a passion, a romantic art of self-expression," he said.

New editorial staff appointed for '93-'94 Shakerite, Davis becomes chief editor

The editorial staff for the '93-'94 Shakerite was recently announced. Junior Rebecca Davis will be next year's editor-in-chief. Sophomore Courtney Masini will be next year's managing editor. Junior Dorrian Thornton and sophomore Starla Wallick will be the news editors. Sophomore Jennifer Johnson will serve as

the opinion editor. Junior Josh Goodman and sophomore Vanya Green have been named as the editors of the arts & entertainment section. Sophomores Jonathan Harris and Rebecca Entel will be the centerpiece editors. Sophomore Emily Troia will be next year's feature editor. Sophomores Jeff Jablow and Kevin Cole will serve as next

year's sports editors. Junior Amy Lipton will serve as the research and exchange manager next year. Junior Joshua Mayers will be the business and circulation manager. Junior Leah Andrews becomes the newspaper's advertising manager. Sophomore Ben Lind will serve as the computer coordinator. Departing senior

staffers include Blane Sims, Jeremy Paris, Dan Ratner, Jamii Smith, Tiona Martin, Nanor Tabrizi, Nanar Tabrizi, Jeff Epstein, Andy Ellner, Mark Smith, Jason Hamilton, I-Huei Go, Clay Weiner, Heidi Jacobsen, Joel VanArsdale, Tonya Huffman, Denny Ives, Carrie Lyons, Rahila Ansari, and Carter Bays.

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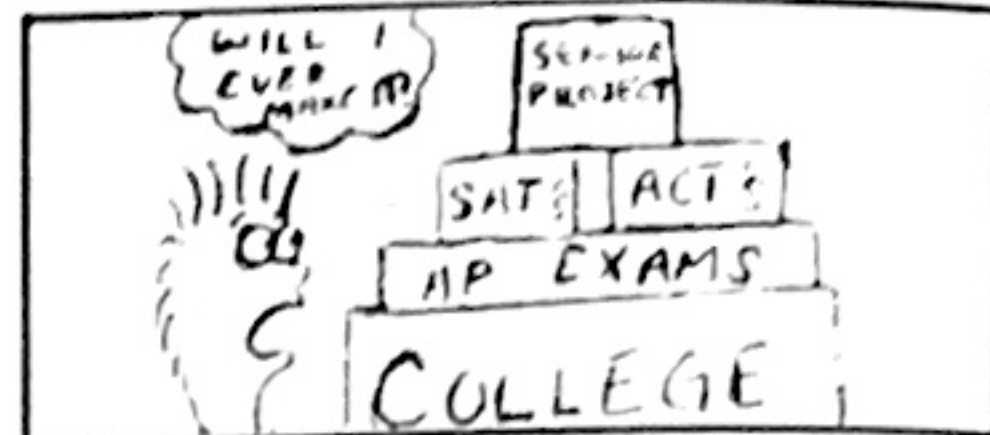
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SENIOR ISSUES EDITION

↑ College: We're in, we're psyched - so let us go.
↔ Summer Jobs: \$ is good, but the job market isn't. Plus, UW hates long work hours.

↓ AP Exams: Senior slump does not have positive effects on AP test scores. There goes \$67.
↔ Weather: UW really doesn't like frost in May. Let's see some sun and hit the beach. What project?



Lessons of Holocaust ignored throughout the world

THE RITE IDEA

Two weeks ago in Washington, D.C. a new Holocaust Memorial Museum was opened. This museum was opened primarily as a testimonial to the eleven million people that were killed by the Nazis during World War II, but also serves as a reminder to the world to never forget what happened and to never let it happen again.

A recent Roper survey shows that a surprising 22 percent of the U.S. population has "some doubt" as to whether the systematic slaying of six million Jews and five million others ever happened. Out of high school students, a whopping 20 percent believe that the Holocaust never happened. This is a testimonial to the apathy and ignorance of the public, which is very frightening for those of us who pray that something like the Holocaust will never happen again — not to the Jews or to any group of people. Furthermore, 21 percent think that the lessons of the Holocaust are no longer valid.

Quite often people are asked, "Can the Holocaust happen again?" This question should not even require any thought.

Unfortunately, things very similar to the Holocaust have happened again since WWII and are currently happening throughout the world we live in today. Recently, the plight of the Kurds in Northern Iraq, the massacre of Cambodians and the "ethnic cleansing" of the Muslims in Bosnia come to mind.

In the early years of WWII, the United States and its allies sat and watched as Hitler began gathering the Jews in Europe and systematically shooting and gassing them to death using 20th century technologies. Reports came back to the U.S. about what was going on, but it was not until the U.S. was attacked by Japan that they acted to put an end to these crimes against humanity.

For over a year now, the U.S. has proposed sanctions against countries such as Bosnia and Iraq. Hundreds of thousands are being deprived of their basic human rights all over the world and the U.S. government responds with sanctions?

There are those who say that what is happening around the world is none of our business whatsoever, and that we should just ignore what is going on.

If the new Holocaust Museum and the survey results mean anything at all, it is that we must not stand around and watch new holocausts grow and destroy people throughout the world.

At Shaker it is easy for us to become isolated from all of this, and not to be able to grasp what is going on halfway around the world. Despite this, we must stand up and stop these holocausts, not because they are a crime directly against us, but because they are a crime against all of humanity.

Twenty-two percent believe that the Holocaust never happened. It is the job of that other 78 percent to assert that it did and teach the lessons that it taught us to others by taking action.

What will happen in Iraq, Cambodia and Bosnia? Will the twentieth century go down as "The Century of Genocide?" That is up to us.

CHEERS & JEERS

Cheers to Senior Project. Nuff said.

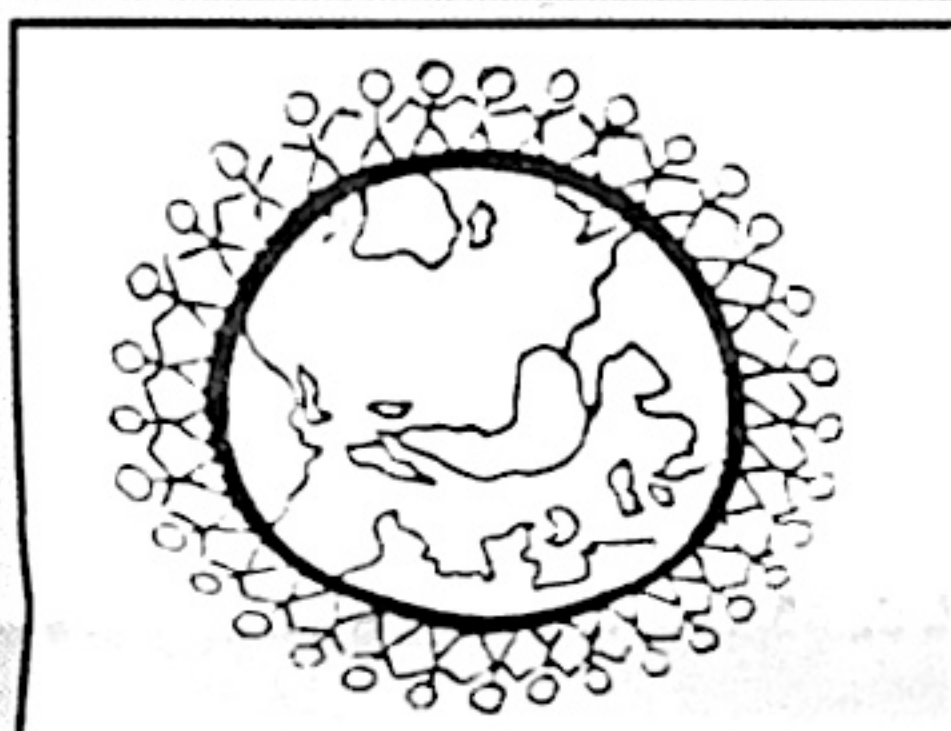
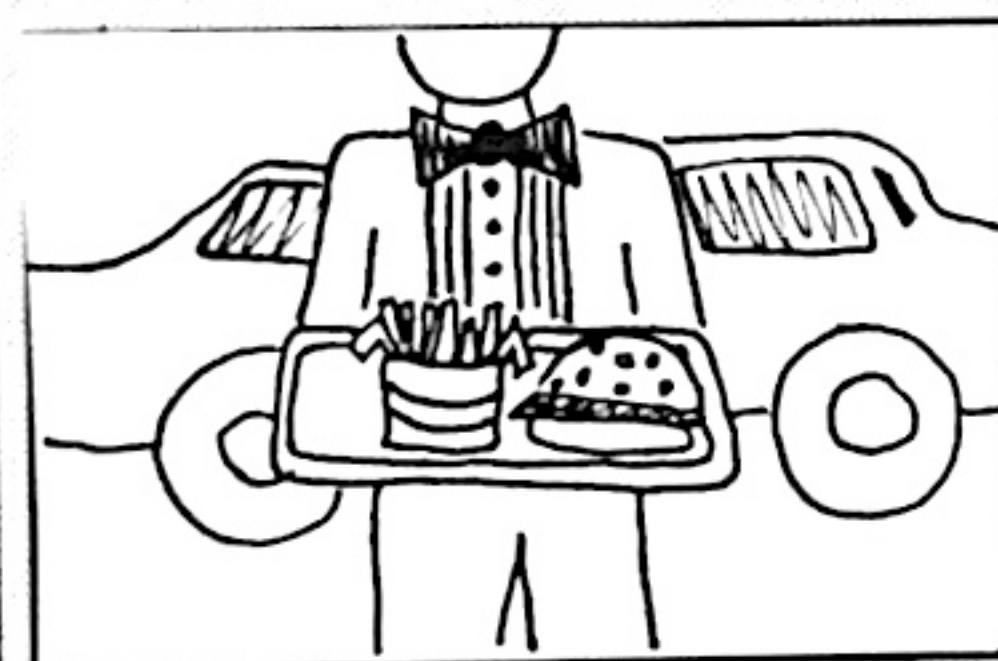
Jeers to fake laughter, one of the most obnoxious and arrogant things someone can do.

Cheers to whoever was responsible for getting doors on some of the bathrooms in the school. The job is only half done, however — some stalls are still open to public viewing.

Jeers to being an underclassman.

Cheers to afternoon Indians games. Cut your afternoon and hop on the rapid with the rest of the senior class.

Jeers to the price of prom tickets. At \$45 a couple, all we can afford for dinner is Rallys.



Cheers to Shaker Magazine for the amazing article on the Shakerite in the May/June 1993 issue.

Jeers to term papers, AP exams, tests and all things which require effort and work.

Cheers to the new staff of the Shakerite and good luck next year.

Jeers to tornado drills. What's the point.

Cheers to the Earth Day Festival sponsored by the Environmental Club.

Cheers to the fact that this is my last Cheers and Jeers and I am outta' here.

Paris, Sims bid farewell to staff

In the time that we have been associated with this newspaper, it has undergone dramatic changes in its design and in the process of its creation. The one thing that, we feel, has remained consistent is the high quality of the writing and a willingness to tackle difficult issues. For the many seniors on the editorial staff, this is our last issue in a long run. Though we feel that the seniors have contributed to maintaining the tradition of the Shakerite, it is time for us to move on and for the paper to move in new directions.

There is always a danger in remaining in the same place for too long. After a while, there is a tendency to get into a rut and to suffer from a lack of creativity. We are leaving at just the right time. The paper finally has satisfied us as being modern and original in its design, and there will probably be no major design changes over the next year. Now it is time for new blood to take over the paper and experience a creative transformation in the way issues pertinent to the school are covered. We are confident that the new staff, which takes over next issue, will continue in the tradition of the Shakerite and put their own stamp on the newspaper.

On a personal level, it is almost difficult to leave just at the point that we are becoming fairly experienced and good at something. We would like to publicly thank the staff we have worked with this past year who have done an excellent job, especially in learning how to use the new software that we use to produce the paper.

We would also like to thank our adviser, Mrs. Sally Schwartz, without whom the paper would not be what it is. She has dedicated an enormous amount of time and energy to training new staff in her journalism classes and has enthusiastically aided and supported our efforts. We encourage every student to take journalism and join the Shakerite. The greater variety of staff members the paper has, the more thorough and diverse the product will be.

Finally, let us express our gratitude to the students of the high school for both praising and being critical of the newspaper. It is these criticisms and praises which help us to change what we cover and how we cover it. We continue to encourage letters to the editor. There is no more direct way to express your opinion about the newspaper or the school and we relish our role as a forum for opinion.

Peace out, Shaker!

1992-1993 Co-Editors-in-Chief
Jeremy Paris and Blane Sims

The Shakerite is a public forum published nine times yearly for and by the students of Shaker Heights High School.

Letters to the editor must be signed and may not exceed 250 words. Letters, subscription and advertising inquiries should be delivered to the Shakerite office in Room 229, or mailed to: The Shakerite, 15911 Aldersyde Drive, Shaker Heights, Ohio 44120. The Shakerite reserves the right to reject or edit any letter to the editor or advertisement.

Opinions expressed in Shakerite articles are those of their respective authors, and do not represent the views of the Shakerite, Shaker Heights High School or the Shaker Heights City School District. The "Rite Idea" presents the views of the editorial board; however, it may not reflect the opinion of the Shakerite staff.

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Shakerite artwork by Jessica Powell

Wake up and smell the pot

PERSPECTIVE

BY JEFF EPSTEIN

Opinion Editor

Marijuana. Pot. Bud. Joints.

What do these things have to do with life at Shaker Heights High School?

Everything.

The pot culture is running rampant at the high school. Students are not only getting high on the weekends, but they are getting high after school, before school and in between periods. Often times in my honors and advanced placement classes, students are too high to concentrate academically, and if they aren't high they are talking about how high they got over the weekend.

This is becoming a problem. No longer do students "just say no". No longer do students tell friends to "just say no". Many students are occupied with smoking and getting more friends to smoke. I have seen students smoking in their cars in the morning, selling and buying it in front of our school office and reading the magazine of the pot movement, "High Times."

This is tragic...

Despite many misconceptions, marijuana is harmful physically and mentally. Moreover, it is illegal. Unlike alcohol, which is legal at age 21, marijuana possession, sales and consumption is illegal in the United States. Furthermore, marijuana has no part in school life. It gives our school a reputation of drug use. It hinders the academic and learning process. It is a mind-altering drug. It is bad for you. It is illegal. Unfortunately, very few people see the logic in all of this.

The pot culture here is a problem and there are many parties to blame. Before we start placing the blame, however, it is important that we realize there is a problem and work to counteract it.

Why is the problem as bad as it is?

The people who smoke think it is OK for them to mess with their bodies. They pressure their friends into trying it. There is peer pressure within social cliques to smoke pot. Marijuana is cheap and easily accessible, and many students take advantage of that.

Teachers and administrators have refused to recognize that a problem exists. Wake up and smell the leaves burning. There is a problem and it is the responsibility of the school to take a hard line in combating it. Drug education must be increased, because although we already have it in health, it is obviously not working. Teachers and administrators need to keep an increased watch. Take a look around. See the hats and shirts with marijuana leaves on them.

Those who don't smoke - stand up and tell your friends how stupid they are. Resist peer pressure. Realize that just because you don't smoke, you aren't doing anything to help the cause. Do something about it.

This problem is not limited to Shaker. In the past few months, both *Time* and *Newsweek* have run articles discussing the resurgence of the pot culture in high school and college age kids. Many music groups have openly discussed how marijuana was an essential part of their touring experience. Rap groups have written songs describing marijuana use and paraphernalia.

It is clear that the influence to use marijuana didn't start here at Shaker, but it must be put to a stop here at Shaker.

Marijuana use is bad. It must be stopped. Unless people wake up and realize what they are doing to their bodies and others wake up and smell the leaves, nothing will happen.

Baseball team coverage inaccurate, incomplete

LETTERS TO THE EDITOR

To the editor:

Another article has come out in the Shakerite that has portrayed the baseball team incorrectly. For the second year in a row almost everyone on the team has been grossly misquoted in an irresponsible and flipped manner. Writing a basic article previewing the up and coming year is not a difficult process, yet the Shakerite and its staff turn it into a fruitless adventure. You may be wondering what the big deal is about misquoting or making a few mistakes in a high school newspaper. When you put something in the paper about being great, confident and going far in the state tournament, when it was never said, you give other teams (and they do see these things) the idea that you think they come out gunning for you, in essence, playing hard to shut you up. Also, the article seemed to be written in circles and most of the facts in the article were in an order which made it difficult to read. Yes it is nice that you give the baseball team coverage, however, it is not fair to misquote and write a sloppy article.

P.J. Kopelson and Chris Sarakaitis, seniors

Segregation, racial attitudes challenged

To the editor:

Living in Shaker my entire life, I have heard the statement "Shaker is desegregated but not integrated" countless times. There is no doubt in my mind that it is, for the most part, true. However, the source of my frustration is the lack of effort made by students to change the situation. Sure, everyone is willing to admit that a problem exists, but few do anything in an attempt to resolve it. My opinion is: Do something or quit complaining.

This semester, I chose to take African American History. Being a white female, I was honestly a bit apprehensive at first (interpret this how you wish - it's

how I felt). I entered the class to see only one other Caucasian classmate, but soon felt very much at ease. I came to realize that it was silly of me to expect to be treated any differently simply because I am white. Through this class I have met wonderful people, formed new friendships and learned some very interesting history. It is time that people realize that African American History is not a class exclusively for African Americans. We could all learn a great deal about ourselves, others and the society in which we live from such a class and I encourage students to consider it when planning their schedule for next year.

But this is just the tip of the iceberg. There are many ways in which people can join together to integrate the high school. SGORR is an excellent example. As a core member of this organization, I have seen first hand the increased difficulty with which the group is recruiting African American males. SGORR can not and will not survive without such representation.

Another idea: Get involved in sports. Sports allow you to form unbreakable bonds with teammates of all sorts. Playing softball and managing the women's basketball team have led to some of my closest friendships. The list of opportunities to get involved in the struggle for integration continues: the fine arts, Student Council, AACA, Interact, and the Shakerite to name just a few.

If you do not see that the opportunities are there, or choose not to take them, then quit complaining about how Shaker is not integrated. If no one tries to make a change then how can we ever expect a change to occur? Shaker is a unique institution in that it is desegregated. However, it would be a truly special place if it were integrated. But wake up Shaker - it won't happen by itself.

Nicole Strachan, senior

First grader condemns high school litterbugs

To the editor,

My Mom and I found lots of trash on our walk to find litter. We discovered there was more trash around the Shaker High School than anywhere else in our neighborhood. We found candy wrappers, pop cans, coupons, a bottle cap, wire and hard plastic. I think the kids at Shaker High School litter too much.

Michael Luber, 1st Grade, Boulevard

AP course loads stifling, limits needed

BY DAN RATNER

Managing Editor

It is an average school night for Joe AP. He has 50 pages of reading with a quiz the next day in AP English, 30 pages of reading for AP Government, a 30 problem set for BC Calculus, a lab and 10 problems for AP Physics, and a chapter of reading for AP Psychology. After he finishes that, he has to deal with the stacks of college applications and the work to do for his extracurricular activities. If, by some stroke of luck, he should struggle his way through all of that, he can deal with the terror of his impending term paper assignments.

As we

seniors prepare to leave on senior project, our thoughts are fairly well removed from thinking about these kind of work loads. However, we must think back to the glaring problems of our high school, and discuss ways in which we can improve them.

One of the major problems which I encountered in my four years at the high school is unlimited advanced placement class opportunities. Currently students are free to take as many AP courses as they please. The idea of limiting the amount of AP classes that one student could take solves a wealth of problems.

Throughout my high school career, I have been surrounded by intolerable levels of competition for the highest grade point average in the class, whether it be to get into the college of choice or for the sake of competition itself.

In limiting the number of AP classes, the school might be able to control the many academic egos formed by the race for the highest GPA. The fact is, in an attempt to reach high class ranks, the majority of students in AP classes end up taking the classes for the

weighted grade alone. This is generally not an effective way to emphasize learning.

From experience, it is clearly evident that, if limited, these same students would take as many classes as the limit would allow. But at the very least, everyone would be on an equal level for achievement while lessening the work loads.

The equilibrium that the limiting process would create also furthers the basis of education. Because the students would be on equal levels, they would be free to take the AP classes that actually interest them. The interest level gained is something that teachers would have to appreciate, based on the lack of interest that the current system creates.

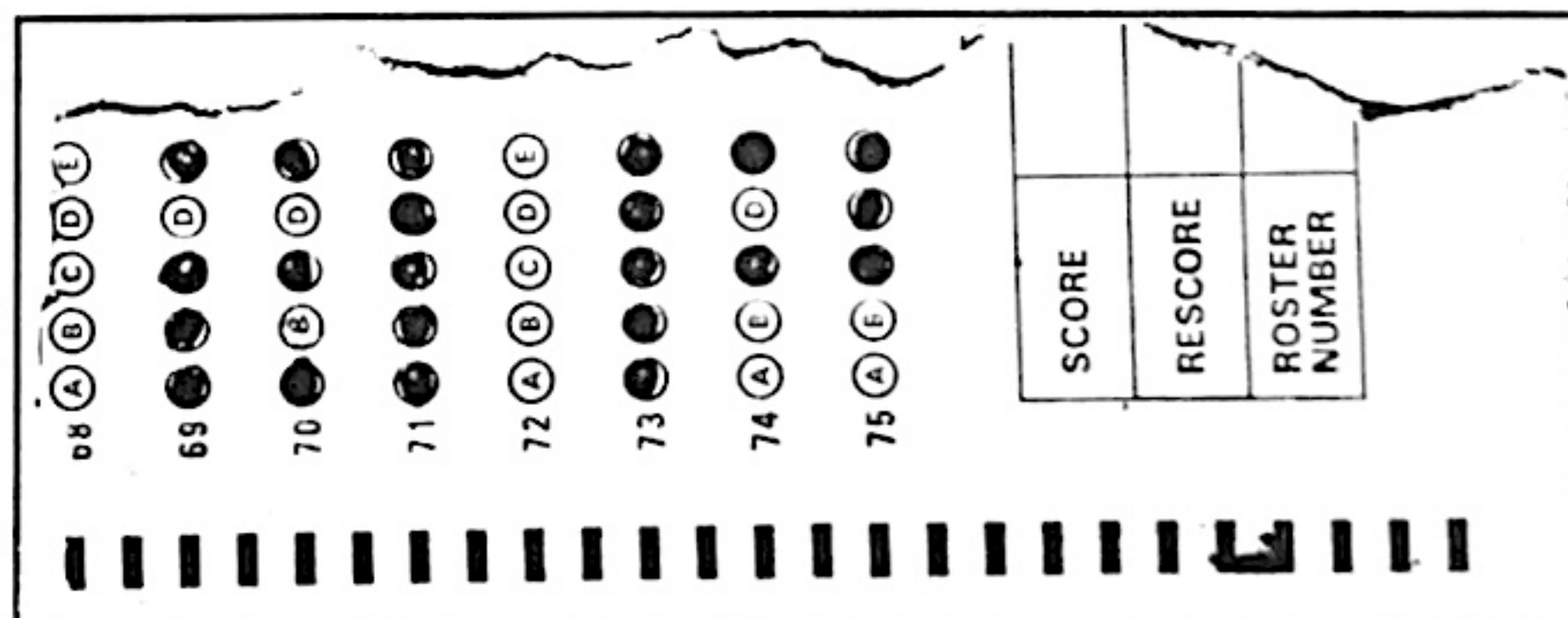
This plan is not just one to benefit the students,

therefore, but also the teachers. No longer would students complain about the quantity of work coming from each of their six AP classes. As a result of the limiting plan, teachers would have every

right to assign a work load that more corresponds with that of an AP curriculum.

As our AP system stands now, teachers are forced to deal with student cries for help in one of two ways. Either they must lighten their curriculum, and in doing so weaken the learning process and the strength of learning supposedly offered in AP classes, or simply continue to assign the same amount of work. Neither are acceptable answers to the problem; lightened loads make the entire level system worthless, and normal levels of work are simply too much to demand from students in our current system.

Obviously, our AP class system has a great deal of flaws that lead to problems in the overall learning system. It is ironic that these flaws can be fixed by one action. If only to promote the learning process, the administration must limit the number of AP classes available to each student.



Racial pressures counteract student efforts for success

BY JAMIL SMITH
Co-News Editor

Shaker has a reputation for racial equality and harmony that reaches across the nation. *The New York Times* even called Shaker a "racial utopia". Having lived in Shaker Heights for 10 years and attended its schools for four years, I have been exposed to situations which would disprove almost every compliment that Shaker has ever received for its cultural balance. In fact, this presumption is proved false by many of the students at this high school. I feel that I need to reflect upon the pressure that an academically successful African-American young man feels in the high school since this is obviously what I can most closely relate to. Unfortunately, I believe that I and every other successful African-American student will face the same type of opposition for the rest of our lives.

This past October I attended a lecture by Temple University Professor Dr. Molefi Asante, an African-American historian. He related a story in which a young eagle was raised in a chicken coop and as a result, believed and acted as if he were a chicken.

As I entered Shaker in 1989, I was unjustly perceived as being this "eagle" by many of my black peers — having been "raised in the midst of the chickens" for eight years at Hawken School. The condemnation and ridicule I receive from many of my black peers is as a result of their misconception that my personality is characteristically "white". When I transferred, I expected to enter a different world, and in some ways it was. In other ways, it was not. It was decid-

edly more hostile than I anticipated. Ironically, I came to Shaker with the expectation of having classes with more African-American students. Because I enrolled in many honors level classes which, unfortunately, few African-American students take, it became much the same situation as my private school.

Not only was I separated academically from most of my African-American peers, but socially, I was always the odd man out. At my first Homecoming dance

people laughed at my attempts at hip-hop dancing, a skill that was foreign at my private school (and still is foreign). As I tried feverishly to keep up and learn the steps, one student looked over at me, laughed, and said, "Get off the floor, Oreo."

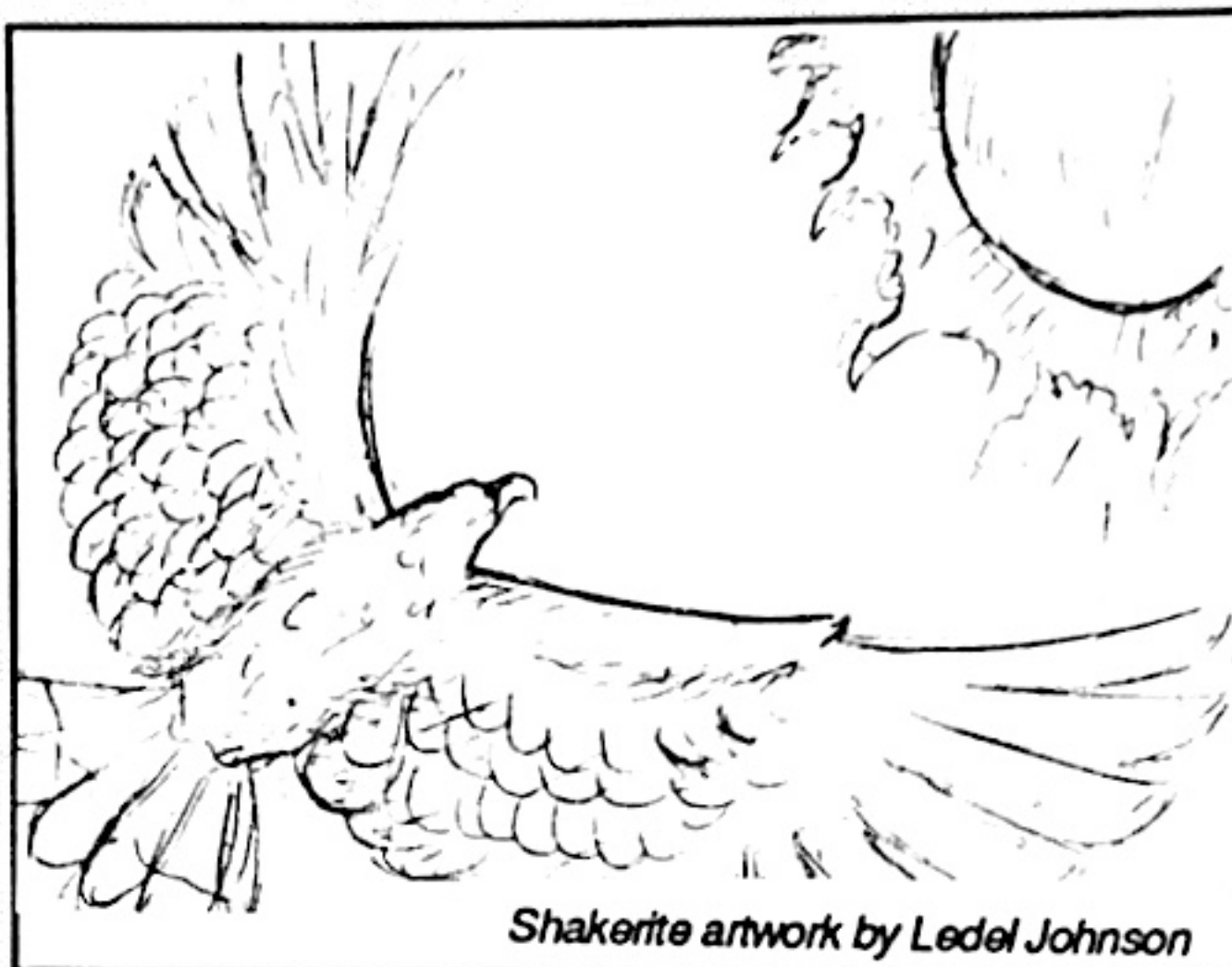
The eagle in Dr. Asante's story did not understand his true identity because he had no exposure to other eagles. Since chickens cannot fly, the eagle never knew he could fly until he was told this by another eagle he encountered later in life. My private school experience, though it did not cause me to lack cultural identity, did not give me much opportunity to interact with many African-American students. In the insulated environment of private school, I was not berated for striving for

excellence.

In Shaker, however, the scenario was much different. I have often been called "Oreo," "sellout," "wanna-be-white-boy" and several others names which I can't even remember.

It's almost a cliché now, but I have always strived to be the best I could be, and be a strong African-American young man, which I believe I am. I also strongly believe that it is my responsibility to

help other African-American young men to achieve all of the success that I have. I see the report cards of male ninth and 10th grade African-American students who participate in the Minority



Shakerite artwork by Ledel Johnson

Achievement Committee (MAC) under the tutelage of myself and 12 other students. Most realize that education is the answer and raise their grades, but there are many others who seem to let MAC's message simply pass them by. One student told the MAC leaders that he just didn't care about anything. This is simply a defense mechanism for refusing to seek help for his academic troubles. He was just trying to act hard in front of all of the other brothers in there.

The only class I took which had

mostly African-American students was African-American History. Surprisingly, even in what I expected to be a supportive environment, I was subjected to attacks on my character. When Social Studies teacher Ruben Henderson announced that I had received the top grade on one of our tests, another student called me a name (which I do not care to recall) from across the room. "If you think that I 'act white,'" I retorted, "then what is 'acting black'?" The leaders we were learning about in that very classroom — Malcolm X, Dr. Martin Luther King, Jr., W.E.B. DuBois — did not act or talk as he did; did this mean they were not black?

African-American students must learn that success should be celebrated, not regarded as success in "the white man's world." People assume that just because caucasians tend to succeed more than African-Americans that success is "white." Success is not exclusive to one race; EVERYBODY can succeed if they just apply themselves. We must stop acting like "niggaz" and start acting like responsible, articulate African-American students who will make a positive impact on American society.

"Acting black" is a facade created by certain "niggaz" that only care to bring everyone down with them into their private hell in the name of "blackness". Dr. Jawanza Kunjufu, noted author, asks similar questions in his book *To Be Popular or Smart*. "Logically speaking, if being smart is acting white, how do you act Black? What is Blackness? Being Cool?"

I say no.

Annoyances disturb school life

BY GREG GOBEL
Staff Reporter

Irritation.
Annoyances.
Aggravation.

These are three of the reasons why I can't wait to get out of this high school in a few days. I realize that many of my pet-peeves in school life are caused by the students of Shaker Heights High School. I will not deal with these by channeling my anger through violence, as some Shaker students do. Instead, I will present about one percent of them to you (the newspaper is only so big) in hopes that the people causing me distress will cease to do so.

Pet Peeve #1: Talking statues. Students in this school are unable to do two things at once: walk and talk. It seems that some have had their feet nailed to the floor in the middle of the hallways and have not moved since 1989. Come on, people, even less intelligent (perhaps less intelligent) animals such as dogs are able to move and vocalize concurrently.

Pet Peeve #2: The Grateful Dead. Enough already. I am sick of seeing students wearing teddy-bear and the-dyed shirts.

The band is as much a problem as

the students who worship them are. The major problem is that the band members are not dead (well, except for the keyboardists). Perhaps if they added some variety to their music I might respect them. But, it does not matter if their songs all sound the same because all of

their fans are stoned and cannot differentiate one from another.

If you are going to worship a band, at least make it the Beatles. I want to see Lennon Chiffon, not Cherry Garcia, in the ice cream freezers.

Pet Peeve #3: "Scuse you." When two people accidentally bump into each other in the hallway, the common response in this school is a dirty look and the accusing comment, "Scuse you." Whatever happened to saying, "Excuse me?" The ability for students here to be polite is nonexistent. Why? I guess students here simply do not care about anyone but themselves. Thus, of course it is the other person's fault when there is an

unintentional collision. Learn some manners, people.

With this in mind, it is time for the students of this fine institution to attempt to make small changes in order to make this a better place for everyone during the rest of this school year and in the future. I hope this is not too much to ask of Shaker students. Thank you and have a nice day.



Shakerite artwork by Clay Weiner

Stress, high expectations accompany transition of seniors to new environment

BY JEREMY PARIS
Co-Editor-in-Chief

My fellow seniors and I are now faced with one of life's major transitions. By the end of this week, a great number of seniors will be leaving the high school. In a little over a month we will be graduating and, at the end of the summer, leaving home to go to college or to points unknown.

The great expanse of our lives lies ahead of us, finally within reach. Although every senior has been ready for a long time to leave the high school, there is still a great deal of ambivalence and uncertainty about moving on. It is both an exciting and a difficult time.

The first thing on most seniors' minds is a great relief at finally being done with high school. There is very little left here that holds much interest, as I am sure many teachers have noticed in class. Most seniors have been burnt out by junior year and the college application process. There has been a great deal of pressure this year as we have been faced with decisions that have a great impact on our futures. In the great release from that constant pressure which has begun to occur, it is difficult to know how to act or how to remain motivated.

Part of the ambivalence occurs as a result of this pressure release. It is a time where we look back and question decisions we have made. The end of this process leaves a feeling of emptiness. There was so much expectation and build-up regarding colleges that the final decision does not end up being the cure-all it once seemed to be.

It is this emptiness, this void, that we look to the future to fill. The future, however much we look forward to it, is filled only with more expectation and more uncertainty. Thus, we remain in limbo,



Shakerite artwork by Caitlin Roberts

caught between the unsatisfying past and the uncertain future.

The other point of major ambivalence about moving on is that it is hard to say goodbye to many things that we are leaving. We want to go, we are dying to go, but it is difficult saying goodbye to friends. There is a lot of pressure because we know that, while we have not already had to depart, saying goodbye to all of our friends is coming in the near future. Knowledge of this upcoming finality creates even more stress.

It is the measure of a person how well they can adapt to the changes. However, the changes have not yet occurred and we feel trapped within our old lives, ready, though uncertain, to start our new ones. We are so ready to move on that it has become exceedingly difficult to pay attention to school.

The end of senior year, however great it is supposed to be, is a time of great tension, then, as we are trapped in a place where we no longer feel we belong, unsure about the decisions we have made and insecure about a future we can only wait to start.

Ice cream, music highlight upcoming concert

The annual Ice Cream Social, featuring three Shaker bands, will be held on the football field Monday May 10 at 7 p.m. The sixth grade band, the concert band and the symphonic wind ensemble will all play selections while the audience enjoys frozen treats. The wind ensemble will feature the traditional marches such as "Stars and Stripes Forever."



New films offer variety

Low budget Mexican movie impresses viewers

QUICK FLICKS
BY JEFF EPSTEIN
Opinion Editor

I have a general rule when watching movies that if the movie is in a foreign language and has English sub-titles, it just has to be boring. Once in awhile I come across an exception, and 24-year-old filmmaker Robert Rodriguez's *El Mariachi* is one of those exceptions.

I went to see *El Mariachi* because of all of the things I had heard about it. The film won an award at the Sundance Film Festival and was selected to be the opening film for the Cleveland International Film Festival. It was just as good as it was billed.

El Mariachi is a unique movie in that not only is it Mexican but it was made on a \$7000 budget, which amounts to only pennies in comparison with today's Hollywood budgets. This fact is quite ironic, considering it was much better than many of the movies which have come out of Hollywood this year.

The movie is the story of a lonely mariachi, a guitarist who wanders from town to town playing music for a living. This mariachi comes into a dusty Mexican town wearing only his black shirt and pants and carrying his guitar in its case.

At the same time, a convict has escaped from a Mexican prison and vows to take revenge on the drug kingpin who owes him money. This man also wears black, and carries his automatic weapons in his guitar case.

There is a great deal of confusion which ensues in this little Mexican town, and the result is a riotously funny-action movie. This movie had no spectacular effects and no big name actors. It wasn't even in English. What the movie did have, however, was a certain charm and excitement and an unorthodox style which many Hollywood films just can't offer.

King strikes again in thriller genre

BY WILL GLASSON
Staff Reporter

Imagine if you will, the dark half that dwells in all of our souls coming to life and violently murdering all the people we secretly despise. This is the story line for Stephen King's new horror film *The Dark Half*.

Thad Beaumont (played by Timothy Hutton) is a novelist, who writes a series of novels under the pen name of George Stark. The books dwell on the violent "simple" nature of a man named Lexus Machine who is supposedly the fictional character of Stark in his books. However Beaumont wants to escape from the violence of Stark's novels and write more wholesome legitimate novels. Consequently he goes public with George Stark and through an article in People magazine kills off Stark and his Lexus Machine.

In the weeks following the release of the article, all the people connected to it are systematically murdered and all the evidence points to Beaumont as the killer. Who's the killer, Thad? maybe, Stark?

The movie runs about an hour and a half, but you'll never notice the time because the story line engulfs your attention as any good mystery/horror film. The abundance of gore that can usually be found in King's novels and films has been reduced to a few heart stopping scenes of pure unadulterated terror, well worth the ticket price. If you're in the mood for a good horror movie, go see *The Dark Half*.

Camp story conjures nostalgia

BY JEREMY PARIS
Editor-in-chief

Indian Summer, directed by Michael Binder and starring an ensemble cast of

fairly well known actors, is not a big movie or a profound movie. It is, however, a small and friendly movie that strikes exactly the right tone and successfully avoids drowning the audience in the problems of its characters.

In a nutshell, it is the story of a group of adults who go back for a reunion at the summer camp where they spent many a happy summer in their youths. The plotting is unsurprising. The group works out their adult problems, some of them serious, by exploring who they used to be when they were at camp and who they have become. There are a few minor unexpected plot turns, but the movie resolves itself with the expected happy ending.

Despite the lack of surprise or original plotting, the movie avoids becoming mundane on the strength of the warmth of the characters and the tone of story. The characters' dialogue is easy and unforced, the acting is competent and the story maintains its humor although backed at times by a serious edge. The characters, while not coming off as completely realistic, do not seem contrived and do not fit into ordinary movie character categories.

The real treat of the movie is in the setting. The camp, set in Canadian woods, is reminiscent of summer camps everywhere. By the middle of the movie, anyone who has ever been to camp will want to go back. *Indian Summer* does not take itself, or the problems of its characters, too seriously and manages to hit just the right note to make this an enjoyable movie experience.

RATINGS		Really Good	Really Bad
El Mariachi	★★★★		
The Dark Half	★★★		
Indian Summer	★★★★		

Band competes at state level

SPOTLIGHT
BY VANYA GREEN
Staff Reporter

Winning a superior rating at the district contest in March and only an excellent rating at the state contest on April 23, members of the Symphonic Wind Ensemble are slightly disappointed but are also proud, said band vice-president, Alison Folkman.

"It's kind of a downfall [receiving a rating of a two], after spending so much time practicing, Folkman said.

Many of the band members were tired of the two of the songs which the band had played for district competition, "Amarito Roca" and "Century Tower," Folkman said. On the other hand, she said that "Introduction and Fantasia," a new song begun a month ago, was played well because it was fresh.

Although some students were upset with the rating, many believed that the level of play shown by the band was more important.

"We've gotten ones for a long time," junior David Sher said. "But we played the best we could in that situation. The number we got is not as important as the feeling we got from the way we played."

The band played their selections skillfully, but "we lacked on the sight-reading," Folkman said. "We could have done better."

Regardless of their score, the band members are happy and proud. Sher said that he does not play his instrument for praise, but because he enjoys it.

"We don't play to impress everybody in the high school."

President of the band, senior Liz Weinstein, said that the band does not try to publicize excessively because the attendance is good already.

"We want people to be there who want to be there," she said.

Folkman not only enjoys playing the flute, but likes having most of her close friends in the band.

"I will miss it next year," she said.

Fast food restaurants incite violence in stomach

BY GERMA PARIS
Co-Editor-in-Chief

The fast food restaurant is one of the culinary pillars of our society. Catering to the short attention span of Americans, these establishments serve almost immediately a variety of food, from tacos to submarine sandwiches to bits of processed chicken to the Brad Daugherty bacon-double cheeseburger. The "Bradburger," as I affectionately referred to it when it was available at McDonald's some time last year, was a fast food masterpiece.

Actually, most fast food has one major quality in common; after you have eaten it, you wish you hadn't. There is always that moment when hunger and the idea of instant food overcomes all rational thought. Then, after greedily consuming some combination of meat products or chicken with potato, the brain regains control and notices the large, uncontrollable mass just sitting in the digestive tract, challenging any and all stomach enzymes to battle. This confrontation

goes something like this.

Undigested fast food: "C'mon, gastric acid, take your best shot. You're nothing but a sissy boy!"

Enzyme: "Oh yeah, tough guy, I'm gonna knock you from here all the way to the small intestine."

The y circle each other menacingly for a few seconds, sizing each other up. The enzyme makes it move, leaping on top of the fast food mass. The fast food shakes it off with a laugh.

Fast food: "You can't touch me. Now...Git!"

Enzyme, slinking off, dejected: "My god, there's nothing here to digest. You're all waste material! I'm just an enzyme, not a

miracle worker."

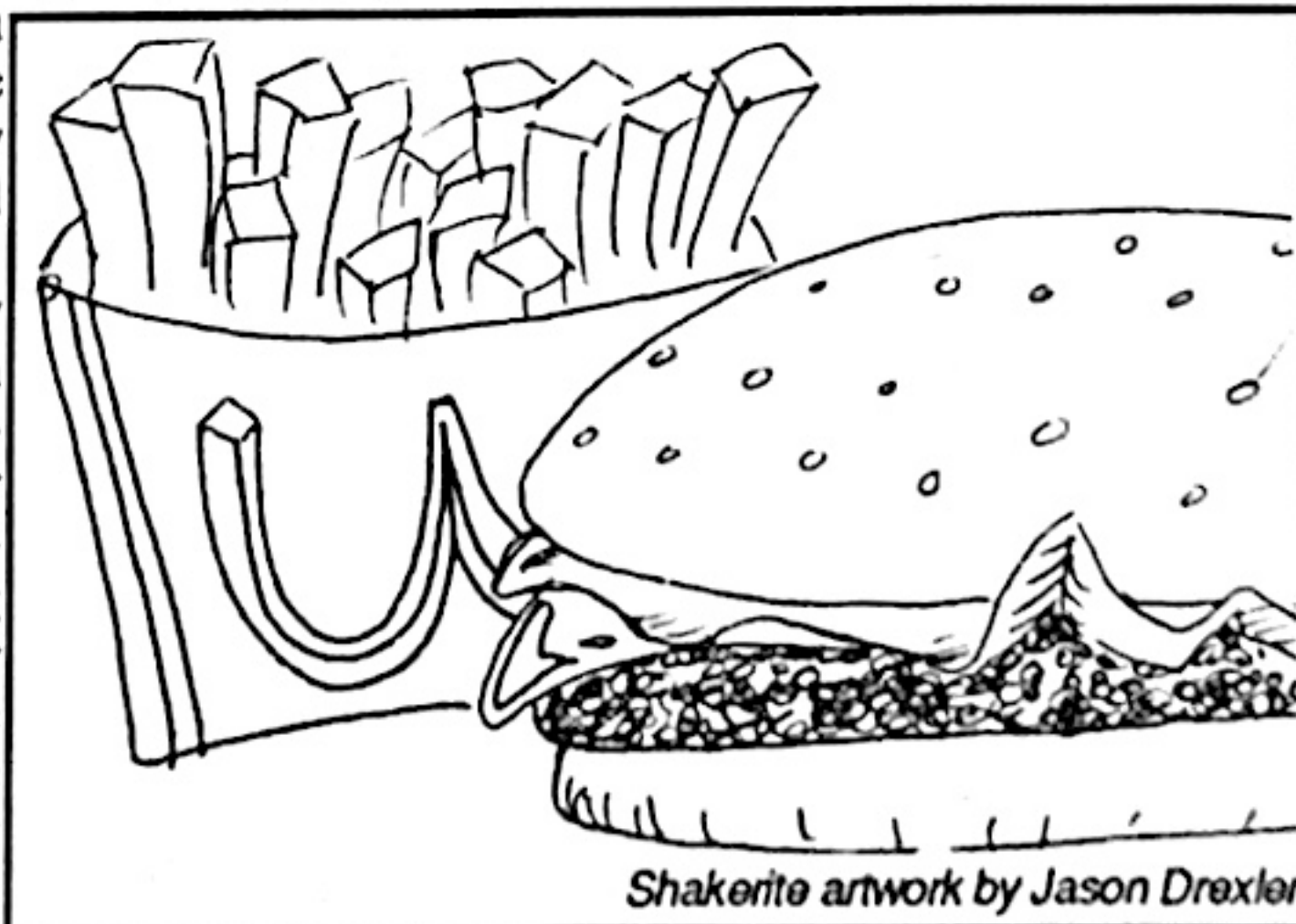
It really is not as bad as all of that. I have enjoyed my fair share of fast food. Here is my quick appraisal of the various quality restaurants which I have frequently attended.

McDonalds: The classic. Good, but greasy, fare. The fastest service and most universally recognized menu. Fairly priced. Still, by far the worst for aftertaste.

Burger King: Good if you're a

picky eater, because they will give you exactly what you want on your burgers. Fries vary from time to time, sometimes excellent, sometimes so-so, usually depending on how recently they were cooked. Moderately priced.

Wendy's: The highest quality food of the



Shakerite artwork by Jason Drexler

big three. Good menu variety and taste. The only drawback is higher cost.

Taco Bell: A lot of food for your buck. If you want tacos, this would probably be the best place to go.

Rally's: To tell you the truth, I've only been there once and was not left with much of an impression. I guess it's convenient, because that's where a lot of people go for lunch when they only have a 23 minute lunch period.

Subway: As any of my friends will tell you, I've never been much for Subway. However, they definitely give you a lot of grub, especially if you make good use of easy-to-get coupons. Those are some big sandwiches.

I apologize to any fast food establishments which I left off my list. I also apologize to any that I included that consider themselves and their food above the rest of the fast food masses. They're not, of course, but they are entitled to their delusions. Basically, if you have decided to go the fast food route, bypassing the obvious choice of eating cereal, any of these places will do about equally well. Just remember: your enzymes will never know the difference.

EFFECTIVE FORMS OF BIRTH CONTROL

■ **ABSTINENCE**- 100 percent effective

■ **THE BIRTH CONTROL PILL**- 99.9 percent effective. Must be prescribed by a physician.

■ **NORPLANT**- A birth control device inserted in the arm which inhibits ovulation. 98 percent effective. Must be prescribed by a physician.

■ **DIAPHRAGMS, JELLIES AND FOAMS**- 95 percent effective. Diaphragms must be fitted by a physician.

■ **CONDOMS**- 98 percent effective when used without any other birth control devices. A variety of forms are available.

INEFFECTIVE FORMS OF BIRTH CONTROL

■ **THE RHYTHM METHOD**- In theory, this method is meant to prevent pregnancy by refraining from intercourse during the seven "unsafe" days of a woman's ovulation cycle, when she is most likely to get pregnant. At best, this method is only 87 percent effective.

■ **WITHDRAWAL**- This method entails withdrawal of the penis prior to the male orgasm. The effectiveness of this method is very poor.

■ **DOUCHING**- This method of washing the female sexual organs after having sex is only 53 percent effective.

PLACES TO PURCHASE BIRTH CONTROL DEVICES

■ Free condoms can be found at the Free Clinic of Greater Cleveland.

12201 Euclid Avenue
721-4010

Free Clinic Together
Hotline: 721-1115

Source:
Encyclopedia
Americana and Planned
Parenthood of Greater
Cleveland

Students speak out on sex

BY JOSHUA GOODMAN
Co-Centerpiece Editor

Wheeling your cart down the produce section, you ask yourself if you remembered everything. You refer to your grocery list to find that you forgot one thing. Did you forget the milk? No. Bread? No. Condoms? But, of course.

So, you wheel down past aisle 16 and head toward the pharmacy where you await your encounter with the old man with the round spectacles in the white coat. Under your breath, you timidly ask, "Do you have any Trojans?" He replies, "Ribbed or unribbed?"

A likely scenario? Maybe. One thing is for certain, teenage sex, once unheard of, is now becoming an all too familiar part of growing up. Despite the risks of pregnancy and sexually transmitted diseases (STD), many students see nothing wrong with taking a "roll in the hay."

According to a recent Shakerite survey, 37 percent of all students surveyed reported having had sex at least once. However, only 43 percent surveyed said being in love was a necessary prerequisite for sex.

Junior Amy Carlsson expressed concern over this high rate of sexually active teenagers at Shaker. She, as well as 35 percent of those surveyed, said high school students were not emotionally capable of having sex. However, 39 percent felt that most students are capable emotionally to handle sex. Only 14 percent were unsure.

"I think teenage sex is unwise. Most don't know what they are getting into," said Carlsson.

However, many students who have had sex believe precautions should be taken before any decision is made.

Senior York Haqq said that you have to use condoms when you have sex.

"People don't use condoms, and then they have babies they don't want to take care of," he said.

"There were times I didn't use a condom and, that scares me," said sophomore

Manny Johnson. "Now I always use protection. Always."

However, some students prefer not to use protection when having sex. They say it ruins the whole idea of doing it. A junior, who wishes to remain anonymous, said that using a condom takes all the pleasure out of sex.

"It's like wearing a raincoat in the middle of the summer," said the junior.

Unlike some, many believe sex is not just a physical issue, but a moral one as well. Several factors such as love, respect and trust are involved. According to a senior, if two partners feel the same way about each other, there's nothing wrong with having sex.

"Everybody's having sex. It's something fun to do," said Senior Donnie Davis.

Others, however, think having sex requires a higher level of maturity than what is popularly accepted. Senior Steve Landers believes sex should occur more out of love for a partner than for any other reason. Although Landers believes most students are not ready to have sex, he recognizes that it is a person's individual choice and makes no attempt to condemn those who choose to do it.

"Having sex while in high school can hurt a relationship more than it can help it. It can also ruin future relationships for that person."

Carlsson says that besides STD's and unwanted pregnancies, the negative effects of sex can be very damaging.

"Teenage girls place a lot of security in what guys think of them. After sex, a lot of that personal security is taken away because of the reputation you are branded with," said Carlsson.

Johnson stated that your partner should be someone you care about and sex should only be part of a long term relationship in order for it to be emotionally fulfilling.

"Most people in this school are already having sex," he said. "[Personally], I wish I would have waited till I was older because sex would have

more meaning."

Although most students agreed that the decision to have sex is up to the individual, they admitted that society played a major role in this decision.

"The whole thing is exploited by the media. Otherwise, sex wouldn't be as big of a deal," said sophomore Joanna Epstein.

Epstein said the double standard applied to males and females by society presents a pressure for guys to use girls for sex while girls are encouraged to abstain.

Support for this belief can be found in the recent media attention given to the Spur Posse in California, a gang of male students that tally points for every sexual experience they have. Despite accusations that some posse members raped several girls, the exposure and money they have received has lead Epstein to believe that society is actually encouraging teenage sexual behavior. This, she claims, is sexist and unfair, especially in this being the Year of the Woman.

"Guys can have sex with lots of girls, but a girl gets a reputation if she has sex with lots of guys," said Johnson.

The "boys will be boys" mentality is something which disturbs Junior Liz Hammack greatly. According to her, the idea of a girl being a slut is ridiculous.

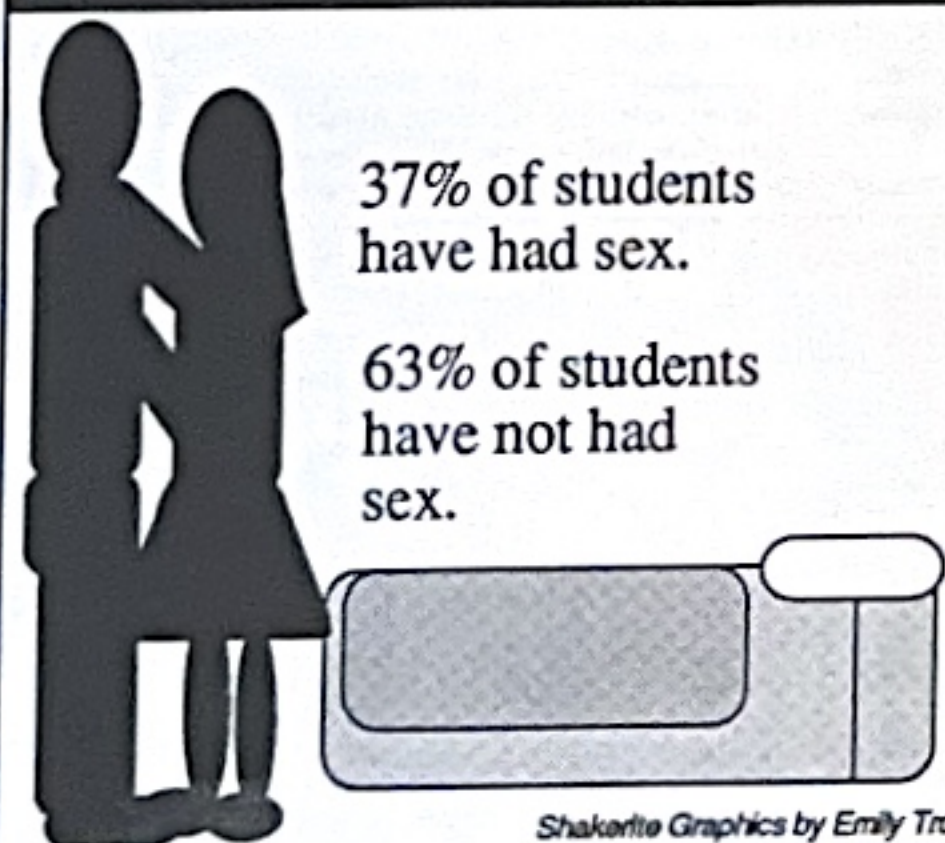
"Although I don't think it's smart, a girl should be able to have the same amount of partners as a guy without being judged differently," she said.

Although it is likely for a girl to get a bad reputation due to sexual activity, some say they don't have bad opinions of their friends that are sexually active.

"I thought it would change my opinion about her, but she's still my friend," said Epstein about a sexually active friend. "As long as what she does doesn't affect me, it's not going to affect our relationship."

Rebecca Entel and Jonathon Harris
contributed to this article

RISKY BUSINESS: STUDENTS CONTEMPLATE SEXUAL



Reasons why students chose to have sexual intercourse:

- 26% I wanted to have fun
- 22% I loved my partner
- 22% I wanted to experiment
- 12% I was under the influence of drugs/alcohol
- 8% Peer pressure
- 6% I didn't want to ruin my relationship
- 2% I was raped
- 2% Other

Reasons why students chose not to have sexual intercourse:

- 30% I haven't met the right person
- 21% Fear of sexually transmitted disease
- 19% Fear of pregnancy
- 13% Religious/moral reasons
- 7% Other
- 5% Fear of ruining relationship
- 3% Fear of ruining reputation
- 2% Fear of personal inadequacy

Shakerite survey of approximately 150 students

Shakerite survey of approximately 150 students

CENTERPIECE

May 6, 1993
SHAKERITE • PAGES 8-9

Let's Talk About

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X

TEENAGE SEXUAL ATTITUDES

Whose responsibility is it to provide contraceptive protection?

- 94% Both
- 6% Male
- 0% Female

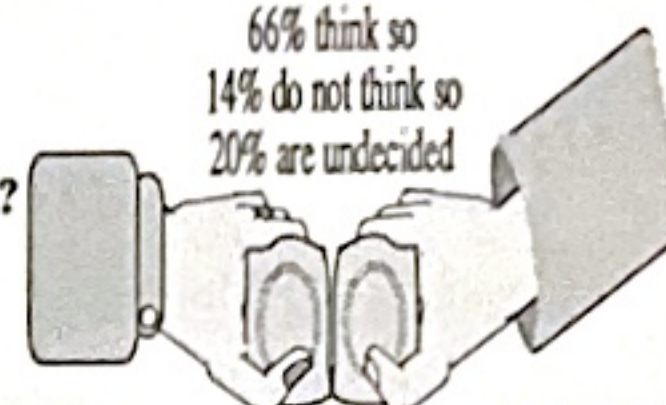
Is love a prerequisite for sex?

- 43% Yes
- 43% No
- 14% Undecided

Shakerite survey of approximately 150 students

Condoms should be distributed in school.

- 66% think so
- 14% do not think so
- 20% are undecided



SEX EDUCATION: Where home ends and school begins

BY NANAR TABRIZI
Co-Centerpiece Editor

"Daddy, what's a virgin?"
"It's a type of wool."

What parents have had qualms explaining, schools have extended curriculums to cover. Shaker's curriculum first introduces students to sex education in fifth grade and proceeds through Middle School health courses, concluding in 10th grade health.

"I like our health teachers, but sex education seems very minimal. It hardly scratches the surface," junior Sara Rathbone said. "We need to know more about our bodies and be more frank about sex. We go through the learning of different parts of the body, but not the emotions and the roller coasters."

Shaker health teacher Hubert McIntyre disagreed, saying that emotions are certainly not ignored in the sex education curriculum.

"My class doesn't just deal with birth control and genitals. That's just part of it," McIntyre said. "It's pretty frustrating at times. One's sex is just not one's genitals, but we live in a society where that's all the media stresses."

While approving of Shaker's sex education classes, sophomore Manny Johnson pointed out that it often fails to conduct necessary demonstrations.

"Boys who use condoms don't know how to put it on," Johnson said.

Although students such as sophomore Rebecca Spagnuolo said that the sexual activity of teenagers makes sex education pertinent and timely, senior Wendell Smith said that sex education should be taught more in elementary school.

"They teach us in little bits," Smith said. "We're taught in fifth grade and then we don't hear anything about it until seventh grade."

Senior Shondra Shine said that Shaker fulfills its educational objective by presenting a broad range of choices without bias.

"Students should have a basic knowledge. Whether teachers should promote sexuality or [asexuality] is another issue," Shine said. "It should be presented in a way so that students have full knowledge of their choices. Shaker does that."

Addressing criticisms that the curriculum encourages abstinence, McIntyre said abstinence is an important issue because it is what the majority of students practice.

"The reality is that most kids are not having sex. The majority of kids in this building are abstainers," said McIntyre.

Spagnuolo continued that while, idealistically, abstinence should be the only foolproof method of birth control taught, the large amount of teenagers having sex, requires that an equal emphasis be placed on alternative forms of birth control as well.

"The Bible says that premarital sex is wrong. God made sex as a gift between a man and his wife. That should not be abused. That's not what God intended sex to be," Spagnuolo said. "But I know that that's not going to happen. I know that kids are going to do it, and school is the only place to get information."

A divisive issue among students is whether or not the school's responsibility to educate students about sex includes distributing condoms in school. Spagnuolo feels that the school's role should be kept to a minimum.

"School and home is where people get their morals. Distributing condoms tells students go and have sex but says be safe and use this. That's like giving students permission," Spagnuolo said.

Rathbone supported the distribution of condoms by arguing that teenage sex would not be condoned by the school's passing out condoms.

"[By distributing condoms], the school is simply encouraging safe sex," Rathbone said. "It's a positive attitude. Any way you look at it, it is safe sex."

Although admitting that not having a condom has stopped him from having sex in the past, Johnson said that not distributing condoms would certainly not deter a student from having sex.

Others, such as Shine, said that because a student's choice to have sex is a personal one, school has no responsibility to provide protection.

Whatever the viewpoint, students remain divided on the issue. A recent Shakerite survey revealed that 66 percent of students interviewed felt that condoms should be distributed, while 14 percent thought they should not. Twenty percent were undecided.

FACTS ABOUT STD'S

■ Over 25 diseases can be transmitted through sexual contact.

■ Next to the common cold, STD's are the second most contagious diseases in the U.S.

■ Over 40 million Americans are affected by STD's. Two-thirds of those people are under the age of 25.

■ AIDS can be transmitted through oral sex as well as anal and vaginal/penile intercourse.

SYMPTOMS OF STD'S

■ sores, bumps or blisters near genitals or mouth

■ burning and pain when urinating

■ a swelling or redness in throat

■ fever, chills and aches

■ swelling in the area around genitals

■ rectal itching, pain or discharge

■ unusual discharge or smell from vagina

■ pain in your pelvic area

■ bleeding from vagina

■ pain deep inside vagina when having sex

■ a drip or discharge from penis

■ If sexually active with a new partner or more than one partner, STD examination should be conducted every six months.

■ Only four percent of all newly reported AIDS cases stem from heterosexual intercourse

■ Only four in 10 teens receive sex education in school. Only three in 10 get contraceptive education.

■ AIDS symptoms may not show up for 10-12 years after sexual intercourse.

■ For AIDS and STD information, contact the National AIDS Hotline at (800) 343-AIDS or the STD National Hotline, (800) 227-8922.

Source:
The New York Times,
American Social Health
Association and
Planned Parenthood of
Greater Cleveland

Movies honored as greatest ever

BY CARTER BAYS
Staff Reporter

Goodbyes have never been easy for me.

Over the past year or so, I have had an extremely satisfying job here at the Shakerite as a staff writer. There were good times (seeing *Bob Roberts*) and bad times (seeing *Consenting Adults*), but overall, I've loved my job here, and it's hard to let go.

Don't worry about me, though; I'm not finished quite yet.

Since this is my final article, le piece de resistance, the pinnacle of my career as staff writer, I've decided that no simple review of a current film will do the trick. It's time to pull out the heavy artillery. I have decided that the best thing to do right now to wrap it up is to fill you in on not just some good movies, but some great ones. Eleven great ones, to be specific.

As a matter of fact, these are the Eleven Greatest Films of All Time (in no particular order).

Vigorous research has gone into compiling this list; research that has essentially spanned the last ten years of my life as a moviegoer. So if you have any gripes about my choices, please keep in mind that the process for creating such a list is extremely selective, and, quite frankly, I have to draw the line somewhere.

(Even *Citizen Kane* didn't make the cut.)

So anyway, it is with great pleasure that I now present to you this list. My advice for you is to go out and rent them all A.S.A.P. - it'll be money well spent.

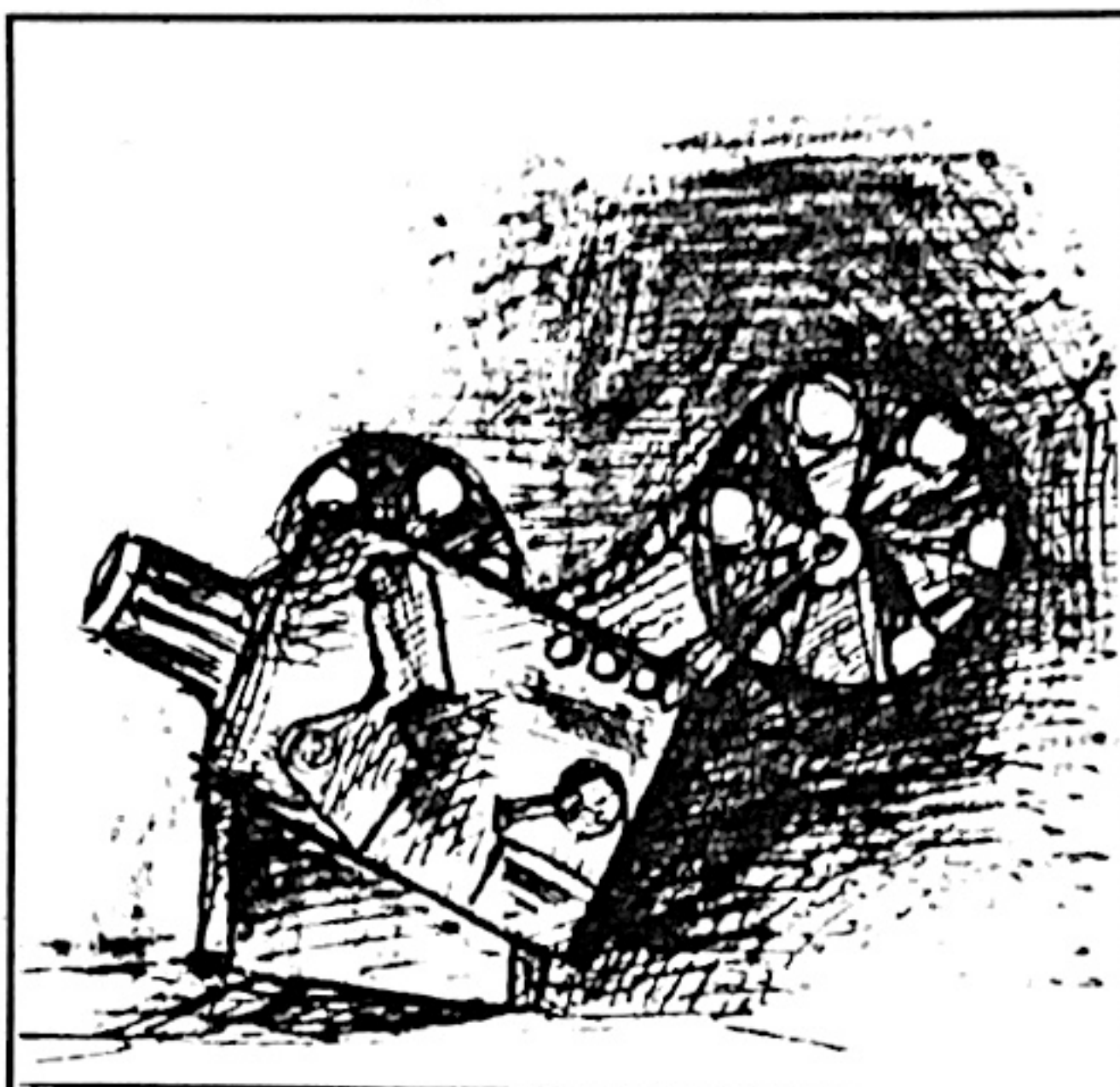
BRAZIL - If I had to choose one of these films as the best of the lot, *Brazil* would probably be it. I don't think I could even come close to describing the film, directed by Terry Gilliam, in such a small space, but I'll try anyway: It's about bureaucracy, heating ducts, and the power of dreaming. But really, you just have to see it.

DR. STRANGELOVE - This is the greatest anti-war film ever made, simply because it depicts war not as gruesome or disturbing, but just plain silly. I would dare to call it the definitive black comedy: So scary, it's funny; so funny, it's scary. And Peter Sellers' performance is possibly the greatest of any actor in the history of film (all three performances, for that matter).

STAR WARS - Do I really need to spell this one out for you? Think about it...

SLACKER - This is the flick that defined a generation, stream-of-consciousness filmmaking at its purest. There is no main character, no plot, just a movie camera roaming the streets of Austin, following a day's worth of conversations. If you're young, confused, and desperately intellectual, you'll probably find yourself somewhere in this film.

THE MUPPET MOVIE - This film is as close to being a classic as a film can get when it's only 14 years old. It has it all: adventure, comedy, romance, music ("The Rainbow Connection" and "Movin' Right Along")



Shakerite artwork by Caitlin Roberts

are two perennial favorites), celebrity cameos (Mel Brooks and Orson Welles, among others), a happy ending, and Gonzo. What more do you want?

IT'S A WONDERFUL LIFE - Ever eaten a dry waffle? Didn't like it? Well, that's because a little syrup makes all of the difference, and nothing proves it like this film. Frank Capra's classic is as syrupy as they come, but idealistic and corny as it may seem, I challenge anyone to watch this film and not be smiling a big, goofy grin by the time Jimmy Stewart says, "Atta boy, Clarence!". This is the film that invented that "warm, fuzzy feeling".

THE BLUES BROTHERS - This one is completely my opinion; I won't hide it. The truth is, if you're a huge fan of soul music, as well as a huge fan of "Saturday Night Live", then there can truly be no other film for you. Anyway, I would only come to regret it later if I excluded from this list a film that features James Brown in a cameo role.

PLANET OF THE APES - This is the film where heady philosophy meets campy science fiction, all with devastating impact. Charlton Heston is superb, the music is wild, the make-up is legendary, and the ending is one of the most powerful images you'll ever see in a movie. One warning: after seeing it, going to the zoo will never be the same.

THE MANCHURIAN CANDIDATE - Just like *Dr. Strangelove* is a definitive black comedy, *The Manchurian Candidate* is the definitive thriller. It's got Communist spies, it's got hypnotism, it's got an assassination plot, and it's got Frank Sinatra. But most importantly, it's in black and white. Paranooids, proceed with caution.

WINGS OF DESIRE - Okay, okay, most of the movies so far have been almost mainstream (God forbid!), so this one's for the arthouse crowd. An avant garde masterpiece, directed by Wim Wenders, this is the second best movie about angels ever made (the best being *It's a Wonderful Life*). It will haunt you.

AIRPLANE! - This is the funniest film ever made. No film before or after has ever come close. I know a lot of people who would disagree with me about this, and in fact, at this very moment they're probably saying, "Surely you can't be serious!". Well, I am serious... and my name isn't Shirley.

So there's the list, the only list of films you'll ever need. You'll notice I have excluded such classics as *Casablanca* and *Die Hard*, and it is with deep regret, but like I said, I have to draw the line somewhere.

What's important is that I'm done, I'm out of here, I'm 5000, and I'm off like bug spray.

But before I go, I'd like to remind you that if ever something doesn't seem right to you, remember what Pancho said to the Cisco Kid: "Let us went, before we are dancing at the end of a rope, without music."

Via con Dios, Shaker.

Bde, Bde, Bde, That's all folks

Two senior entertainment writers say goodbye to faithful readers

Andy covers all the bases in his last set of esoteric picks

ANDY'S PICKS

BY ANDY ELLNER
Art & Entertainment Editor

I have a confession to make. Armageddon was close at hand, the earth's waters nearly froze over and a giant hellfire was on the verge of ripping through the world. In other words, I was very close to not doing Andy's picks this issue.

You see second semester senior year is not all that it's cracked up to be. You have to deal with little things like choosing where to go to college. And big things like trying to finish all of your work so that you can go on senior project. Balance all this with a formidable Shakerite deadline, and you've got one extremely lazy editor/columnist, namely me.

The sum of all this is that I'm sitting here late at night and tomorrow is our deadline and this incredible pang of guilt sweeps over me. This is the final addition of the Shakerite that I will be involved in, which is not very important unless coupled with the fact that it is the last chance you will ever have to read my picks. I thought of my faithful readers (all six of you) and saw visions of disillusioned masses, Andy's pickless for all of eternity. The very thought brings tears to my eyes. (Actually it doesn't. In fact it's kind of pathetic.)

Anyways, I'm sitting here brainstorming for ideas. What to pick? What to pick?

I could pick the best column in the Shakerite but that would be silly because it wouldn't take much thought. And besides, I already did that. I could pick the best TV show on television, but you all know that it's *Seinfeld*. I

could even pick the Indians to win the pennant. But that would just be plain stupid.

What to pick? What to pick?

I could pick quick flicks, but you're probably sick of that trick. I could pick hot chicks but that pick is not very politic. I wouldn't want to tick any chicks off. I could pick Mick... Jagger that is, but why? Boy am I getting a kick out of this.

Please excuse any non-politically correct statements in the previous paragraph. I was merely taking a little artistic license.

It's beginning to look like I could write a whole article without any picks at all.

"What, no pick?" you conjecture fearfully.

Don't worry... I'll pick, I'll pick.

And not just any old pick. This is going to be the pick to end all picks. (Don't you hate when people use that moronic cliché. What the heck does it mean anyways?)

And so as it is becoming more and more obvious that I can stall no longer, here is my final supercalifragilistic... and all the rest of that stuff... picks. The best, and of course the worst, ideas for Andy's picks that will never (thankfully in most cases) find their way into print.

Andy picks the most clever uses of old Andy's picks columns: This idea struck me today as I sat on an old issue of the Shakerite during lunch to avoid the wet grass. You might think I would find it insulting to have the wrong end of you facing one of my articles, but on the contrary, the idea intrigues me. In some cultures that is probably the ultimate show of respect. **WARNING:** Make sure it isn't too wet down there. You probably wouldn't want my picks imprinted on your clothing for

all time. Then again, it just may start a new fad.

Andy picks silly esoteric things that no one but he can possibly understand: Hey Brackthorn, Germa just shot the moon! Don't even pretend that you understand that.

Andy picks Cleveland sports team other than the Crunch with the best chance to win the championship: Picking a Cleveland team to win a championship is like standing in a dark room with your eyes closed.

Andy picks all the things he's going to miss about high school: Contrary to most seniors, I enjoyed a few things here and there, like writing these boring, pointless columns that no one really reads anyways.

Andy picks who's who in American chiropractors: If you're still reading the article at this point, you're probably shaking your head in disgust thinking what an idiot I am. Well let me tell you something. I'm not an idiot.

Andy picks his favorite planets in the solar system: Boy, this is getting far out. Hold on, first I have to remember all of them. My very educated mother just served us nine pizza pies. OK, Venus.

Andy makes the penultimate pick of this article: Good SAT word juniors. (Penultimate means second to last. Makes sense, doesn't it?)

Andy picks the best way to end his Shakerite writing career: Well, I've really enjoyed my time here, but

Little known facts you'll never need

- It takes exactly seven hours and 25 minutes to drive to Urbana, Illinois.
- Fifty-four percent of all married people in Utah are women.
- There are 65 people with the last name Berger in the Heights Area White Pages.
- The verb to lopet means to be unskillful.
- The last sell-out Indians game prior to this year was opening day, 1973, when 74,420 tickets were purchased in advance.



Learn to be eco-aware

■ Americans throw out 28 million tons of yard trash each year that could be composted.

■ The first all-aluminum can was introduced in 1964.

■ Every year, enough energy is saved by recycling steel to power Los Angeles for a decade.

■ Sixteen million laser printer cartridges are used each year, but only 1.5 million are recycled.

■ April 15 is National Recycling Day.

■ Showers account for 32 percent of home water use.

■ Americans recycle about 27 percent of their newspapers.

■ Americans will spend about eight months of their lives sitting through junk mail.

■ Making cans from recycled aluminum cuts related air pollution by 95 percent.

■ About 300 trees are needed to balance the amount of air pollution created by one person during his or her lifetime.

■ Each day, the earth gets enough energy from the sun to heat every home in the world for a year.

■ The refrigerators that Americans buy in a single week would make a tower more than 80 miles high.

■ Refrigerator and car air conditioners are the number one source of carbollourocabons (CFCs) in the U.S.

■ 14,000 tons of garbage are dumped into the world's oceans every year.

■ CFCs take eight to 12 years to reach the ozone layer.

■ Over 50 bills with the word "environment" in their title were introduced in Congress in 1990.

■ Americans use 187,000 tons of paper each day.

■ Only five percent of Americans use public transportation to get to work.

■ It takes 75,000 tons of coal a year just to power the nation's fax machines.

■ Half of all plants and animals live in tropical rainforests.

■ The average American throws away about six pounds of recyclable tin cans each month.

■ Between Earth Day 1970, and Earth Day 1990, at least 25 percent of all forests disappeared.

■ In 1987, Americans earned \$100 million recycling cardboard boxes.

Source: EarthWorks
Compiled by Courtney Masini

Embracing the Earth

Earthfest teaches community to handle our environment with care, caution

BY COURTNEY MASINI
Staff Reporter

Global warming, ozone depletion, overcrowded landfills, endangered species and pollution.

These problems may seem unconquerable, but the Environmental Club did its part to promote awareness by holding Earthfest, an educational carnival on April 24 in the girls' gym.

Held in celebration of Earth Day, Earthfest provided visitors with a chance to learn about the environment, try vegetarian food and listen to eight local bands and T-3 Improv perform.

"Hopefully the fair made people more aware of their impact on the world," senior Andy Toomajian, Environmental Club co-president said. "I thought it was very helpful in that area [raising awareness] because I learned new things in just organizing it."

The idea for Earthfest came from a compromise between club members and club sponsor Robert Sylak, according to Sylak.

"Some members of the club wanted a Lollapalooza. I wanted a small after-school gathering. The result was this huge fair for the entire school system," Sylak said.

Students from the environmental classes and some biology students helped with the fair by designing and running informational booths according to Sylak. The booths covered topics such as recycling, pollution, endangered animals and energy conservation.

Admission to the Earthfest was free, and tickets for games and food were sold for 25 cents each or five for a dollar.

Donna Dobos, an Energy Education Representative from the Illuminating Company, ran a booth that gave information about environmental procedures at the Illuminating Company.

"We recycle in big ways such as putting flyash (a byproduct of coal) to use and little ways such as recycling employee trash from offices," Dobos said.

Earthfest was geared to "kids at heart" said Sylak. Many of the booths offered "games from childhood with eco-themes" such as "Save the Fish", which involved trying to throw fish into an unpolluted pond, and "Earthball", a form of basketball played with aluminum cans and a recycling bin.

"You can't play a game without learning something," Sylak said.

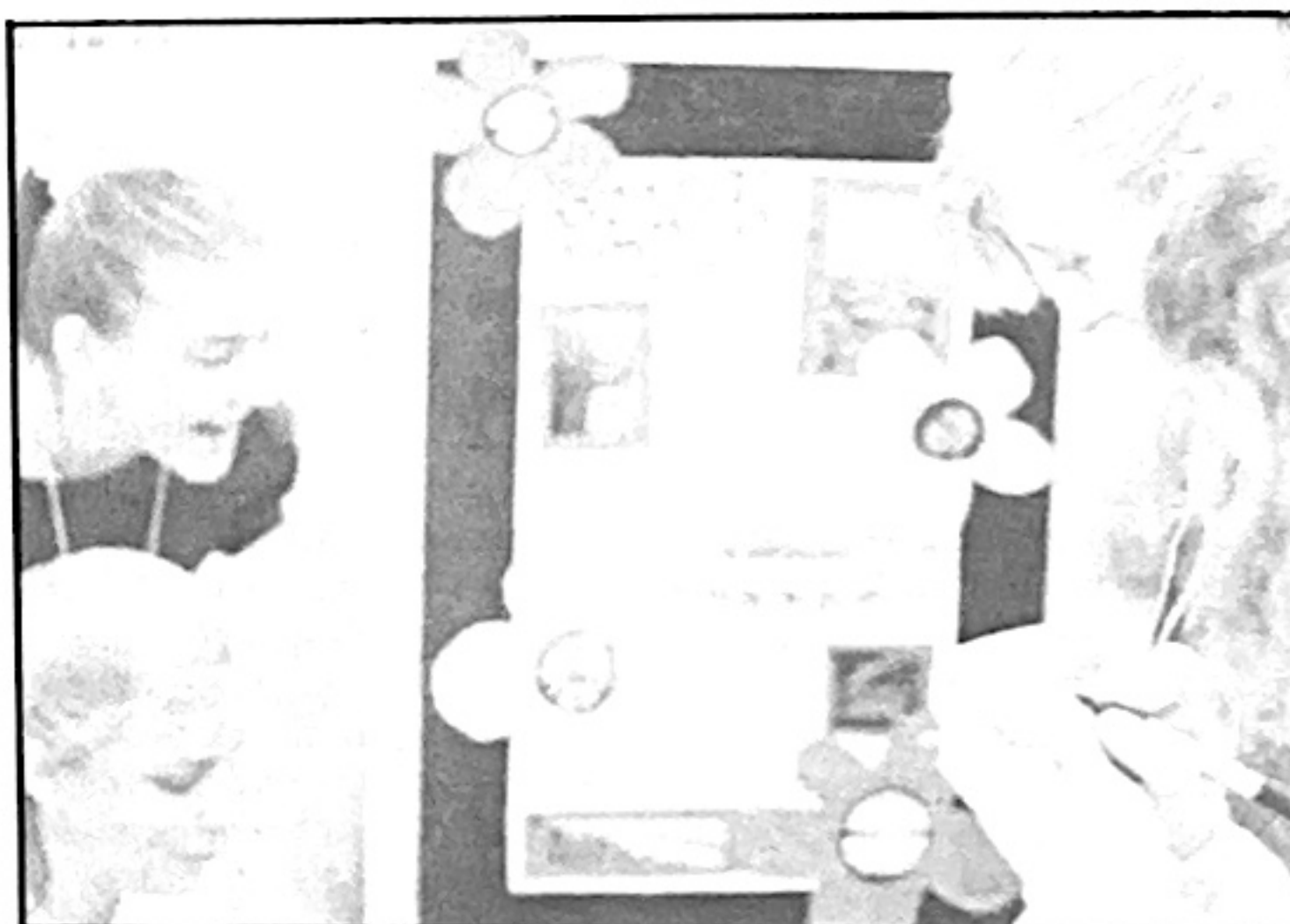
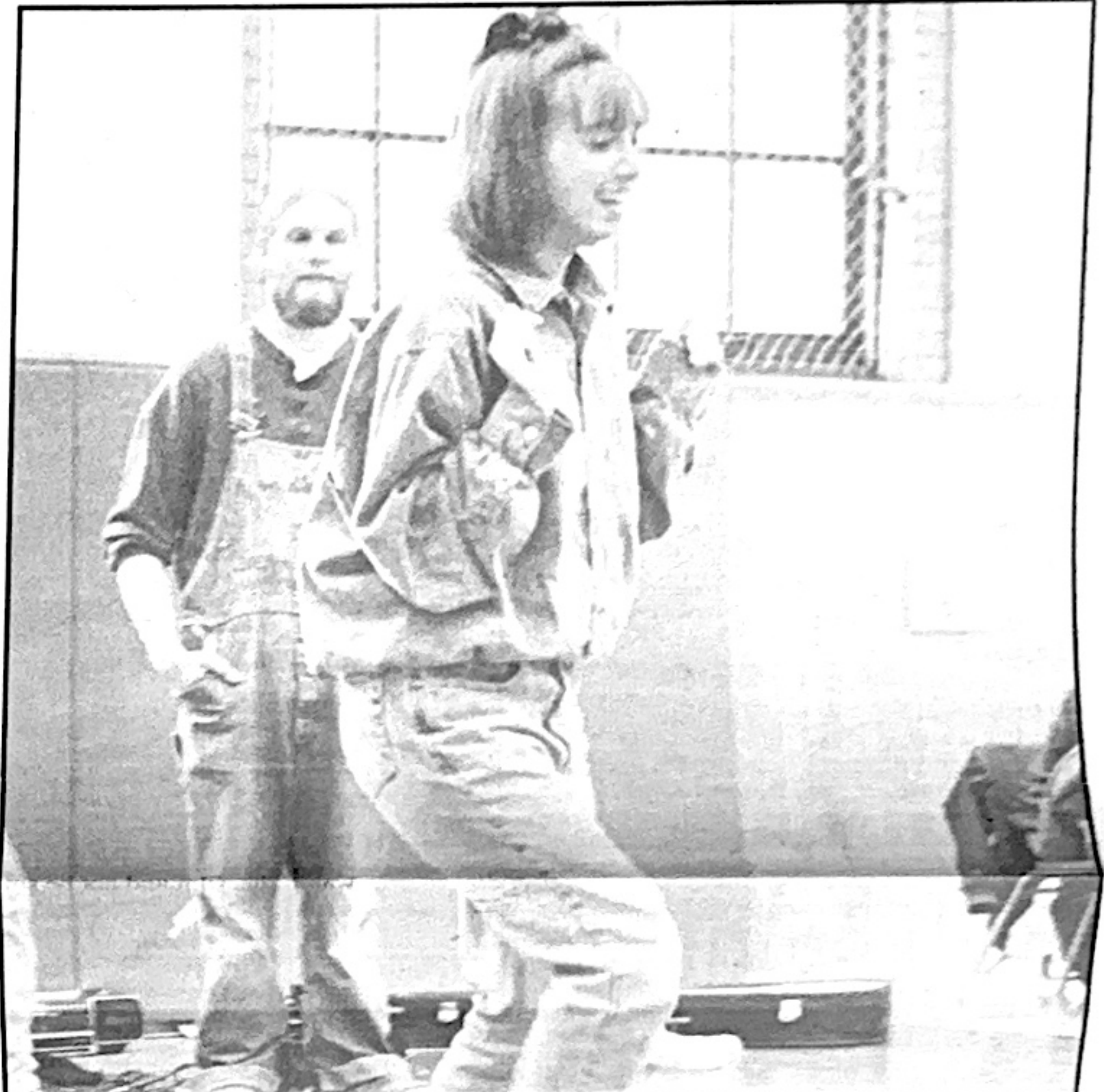
A lot of publicity was done in elementary schools in an effort to get grade school children to attend the fair. Many younger children said they enjoyed the games and learned new things.

"It was really fun to play all the environmental games and win prizes," fifth grader Carrie Walsh said. "We don't have to waste as much as we are now."

Fifth grader Molly Nackly and her third grade sister Abby learned about energy and water conservation.

"I'm going to turn off all the lights when I'm not in my room," Molly said, after she visited the Illuminating Company's booth.

"I'm going to try to remember to turn off the water when I brush my teeth,"



EARTH DAY EXCITEMENT.

Ensemble members perform (above) as sophomores Becky Shields and Ester Rosenfeld (left) work a booth at Earthfest. The Environmental Club's fair took place on April 14 in the girls' gym.

Shakerite photos by Jason Hamilton

Abby said.

Many people at the Earthfest felt that the worst problem with the environment right now is people.

"People are wasting things. They're too lazy to be careful about taking care of what they don't use," sophomore Mara Levi said.

Dobos said she was encouraged by the number of children attending, but added that kids should get their parents involved.

"The knowledge is there; we just need to make sure that people do their part," Dobos said. "Everyone wants to cut down on waste, but they won't give up their car, or they need to have four T.V.s. It's not sacrifice we need, just common sense."

"There are lots of people who are apathetic or unaware of their impact on the world," Toomajian said. "We're trying to reach people who will listen."

Senior Andy Bresnan, who ran a

booth at the fair, said pollution is the greatest problem facing our environment.

"People should recycle more and take public transportation or walk instead of driving," Bresnan said.

Environmental Club member Heidi Garson said that an effort should be made to educate children.

"It starts with the younger kids. Earthfest helped grade school kids to learn about the environment now, so they won't grow up and be stupid," said Garson. "It made them more aware of what they can do to grow up in a safe world."

Sylak said that the club plans to hold another Earthfest next year.

"I don't know if it could be any better, but it could be better attended," Sylak said. Club co-president Karen Sykora was pleased with the results of the fair.

"Everybody who went to the fair came out knowing more than when they went in," Sykora said.

STARVING: Eating disorders, such as anorexia nervosa, pervasive among our high school's women

BY AMY LIPTON
Staff Reporter

In order to protect the identities of the students interviewed for this article, they will be referred to as Sara and Rachel.

Sara grimaces as she eats her lunch of an orange and a Diet Coke, a tribute to her 90 to 98 pounds, and says, "I still think I'm fat."

Like so many teenagers, Sara said she recovering from anorexia nervosa, an eating disorder primarily found in young women who become so obsessed with weight loss that they starve themselves.

The high school has its share of students with eating disorders, school nurse Evelyn Wisham said, and the issue has become a concern of teachers and students alike.

The disorder often begins when a person feels fat, Wisham explained. After a long period of eating nothing, or very little, the person's distorted body image causes them to feel fat, even though they are underweight. As Sara described, she did not become an anorexic overnight.

"It's not one event. You gradually cut back [on food]. You don't realize it's happening to you. I see it happening in other people, but they won't admit it," Sara said.

Another sign of the disorder, she said, is picking at food to give the impression of having eaten. By devising complicated routines and rituals for eating, the anorexic avoids consuming much food at all. Sara said she also became a perfectionist, feeling like she could not do anything right.

Rachel, Sara's best friend, said that she noticed the change in Sara.

"I've been best friends with Sara since birth. [As an anorexic] there's an obvious change in eating style, [also] a drastic loss of weight," Rachel said.

Developing from a food obsession into a mental disorder of drastic proportions, anorexia dominates every facet of the victim's self-image and esteem. Anorexics often wear many layers of clothing, Wisham said, so that others cannot see how thin they are. They do this so that no one can stop the process, until they feel they are thin enough.

"Once you get on this treadmill, it's hard to get off," Wisham said.

The recovery process for anorexia is a long and hard one, Sara said. It took her half a year to become an anorexic, but she said that she has been recovering for a year. Accepting her condition and learning to see herself as a thin person has been difficult for Sara.

"Even though you think you're fat, you have to accept [your illness]. I haven't quite mastered that. I definitely have an urge to lose weight," she said.

Rachel said that gaining back the weight is not the only problem that Sara has to face.

"There are two things that need to be fixed, the mental and the physical side.



Shakerite artwork by Ledel Johnson

It's hard for me to decide which comes first. When she gains weight I'm happy, her parents are happy, her doctors are happy. She wants people to sympathize," Rachel said.

Sara is seeing a psychiatric evaluator at the Cleveland Clinic, a therapist and a physician.

Still struggling to address her illness, Sara exemplifies how difficult it is for the victim of eating disorder to recognize their problem. According to Wisham, teachers or friends often notice a change in their students and confront her. Wisham said she calls students' homes and talks to parents about their child. It is essential for parents to become involved, she said, because of times when students are not in school, such as weekends and holidays.

In addition to the dangers of malnutrition and even starving to death, victims of eating disorders also cope with uncomfortable side effects. These warning signals include an abnormal menstrual cycle, hypersensitivity to hot and cold, excess body hair, slow pulse rates and changes in hair, nail and skin color.

Although eating disorders are most

commonly associated with teenage women, students with anorexia are appearing at an earlier age, Wisham said. Nurses at Woodbury and the Middle School each reported one or two cases this year, she said.

"Young people have to learn at an early age to have a better self image," Wisham said.

Wisham said that the reason the disorder is primarily found amongst women because of societal pressures to be thin.

"Men as a rule aren't as affected. Society accepts them any way they are. Women aren't so lucky. We allow ourselves to be sex symbols," Wisham said.

Rachel said that anorexia is so common in Shaker because weight is such an issue here.

"I think that our environment is conducive to it," Rachel said.

As they watch freshman and sophomores starve themselves to attain ideal thinness, both Sara and Rachel are concerned that their lesson has not been learned. For while they begin the struggle to recovery, other young women continue to starve.

Bulimia nervosa

■ Bulimia is an eating disorder which involves patterns of bingeing (excessive overeating) followed by purging (self-induced vomiting). There are often feelings of lack of control over eating, laxative or diuretic abuse, strict dieting or fasting, or excessive exercise. Persistent over-concern with body shape and weight are further symptoms.

Warning signs of bulimia nervosa

■ Sufferer eats large amounts of food without gaining weight.

■ You overhear the sufferer vomiting soon after meals.

■ The sufferer diets regularly, but maintains constant weight.

■ You find hidden candy wrappers or other food containers.

■ Scars are seen on the backs of the sufferer's hands from induced vomiting.

■ Sufferer has swollen glands.

■ Alcohol and drug abuse may also be involved.

■ Person exhibits increased depression.

Warning signs of anorexia nervosa

■ The person experiences rapid weight loss.

■ They set low diet goals, but once this goal has been reached, they set new, lower ones.

■ The sufferer eats small amounts of food, "picking" at portions in a ritual manner. This obsession is to present the image that they are eating enough.

■ Anorexics deny that they are hungry.

■ They may engage in excessive exercise, sometimes at odd hours.

■ Increased depression may also result.

■ The anorexic sees his or her body differently than others do.

Source: American Psychiatric Association
Compiled by Amy Lipton

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From hell to a homeland...

Student finds roots from travel, youth group

BY VANYA GREEN

Staff Reporter

Looking out from behind the barbed wire fence of a concentration camp in Poland, senior Meka Millstone could see the back yards—even clothes lines—of Polish citizens.

Residents of these same homes remained silent during the Holocaust in the 1930s and 1940s, she said, as over 12 million people, including six million Jews, were slaughtered in the death camps next door.

"Some people ask, 'why did God let that happen,' but it's not that. It's, 'How could man let that happen to his fellow man,'" Millstone said.

While most other high school students were in class between April 26 and May 10 last year, Millstone and 6,000 other Jewish youth were in Poland and Israel participating in "The March of the Living." The trip was an opportunity for students to learn the related histories of both the Holocaust and the founding of the State of Israel.

According to Millstone, many Holocaust survivors are passing away, so trips like the one she took are necessary to preserve their stories. Millstone added that she went on "The March of the Living" to learn those stories of the Holocaust so that revisionist historians could not deny that the atrocities occurred.

"We have to make sure that it never happens again," Millstone said. "It can't happen again to anyone."

Millstone said that she became interested in her Jewish history after joining the B'nai B'rith Youth Organization (BBYO) in eighth grade. Since then, she has held chapter, regional and international positions, which she said have given her pride in her heritage. BBYO reinforced her Jewish identity, which she said gave her strength throughout "The March."

"It was a whole roller coaster of emotions," she said. "Teenagers just out of school in Poland would laugh at us and spit at our feet. It was very difficult."

According to Millstone, she saw boys playing ball and people walking their dogs through the concentration camps, using them as nature parks. Although she said that this disgusted her, she was overwhelmed with pride to stand up against anti-semitism and not let some disrespectful citizens stop her.

Seeing Israel after witnessing the death camps and anti-semitism of Poland provided balance to the trip, Millstone said.



HISTORY AND HERITAGE. Senior Meka Millstone, pictured above, spent one week last spring tracing the path of the Jewish people from their internment in Nazi death camps in Poland to the creation of a Jewish homeland in Israel. Millstone said she became interested in exploring her heritage after extensive involvement in the B'nai B'rith Youth Organization, a youth group for Jewish teens.

Shakerite photo by Jason Hamilton

"We would have been very emotionally depressed if we had not gone to Israel too," she said. The State of Israel was founded in 1948, three years after the end of Hitler's reign. "The reason many people survived the Holocaust was because of hope. Israel came out of that hope."

While in Israel, the group celebrated Israel Independence Day. Millstone said the joy and hope of the Israeli citizens during these celebrations proved to her that the Holocaust had not been successful in suppressing the Jewish people.

"All of Israel has so much pride," she said. She said that she felt a tie with the people in Israel and other students on the march because of their common bond of Judaism. According to Millstone, she finds this same bond in BBYO.

Millstone, who said that she was shy before joining BBYO, will campaign and give a speech in front of over 600 people this August in the hopes of being elected International President of BBYO. As

president, Millstone would defer college for a year and visit BBYO regions and chapters around the world.

"Being International President is a huge responsibility and huge honor," she said. "It was always something I dreamt about."

There are some stereotypes and cliques at the high school, she said, but in BBYO, "everyone feels like they belong."

"Hopefully people consider me to be friendly, optimistic and enthusiastic, but I don't consider myself to be religious. I'm not religious but I have a very strong Jewish identity," she said.

Although she may not feel spiritually moved by Judaism and said she even questions the existence of God, Millstone added that she appreciates and enjoys the customs and teachings of Judaism.

"Before I joined BBYO, I didn't feel strongly about my Judaism," she said. "Now I see the importance of the traditions of the religion. I feel much stronger about the person I am and about my identity."

Black belt charges challenges like rhino

BY JENNIE REIFF

Staff Reporter

Call him a rhino.

As a health teacher, singer, athlete and musician, Hubert McIntyre wants his name to be associated with this aggressive animal. Charging what they want without letting anything stop them, rhinoceri symbolize courage to McIntyre.

"I just felt that if I really wanted something bad enough and I was willing to make sacrifices, I could have it," McIntyre said. "When I've ever started something, I'd stick with it through the end."

This determination shows in McIntyre's involvement in athletics. Ever since he was a child, he has been interested in sports. After wrestling in high school and college, he started learning Tae Kwon Do nine years ago. Seven years later he earned a black belt, although McIntyre sees that accomplishment as only the beginning of his training.

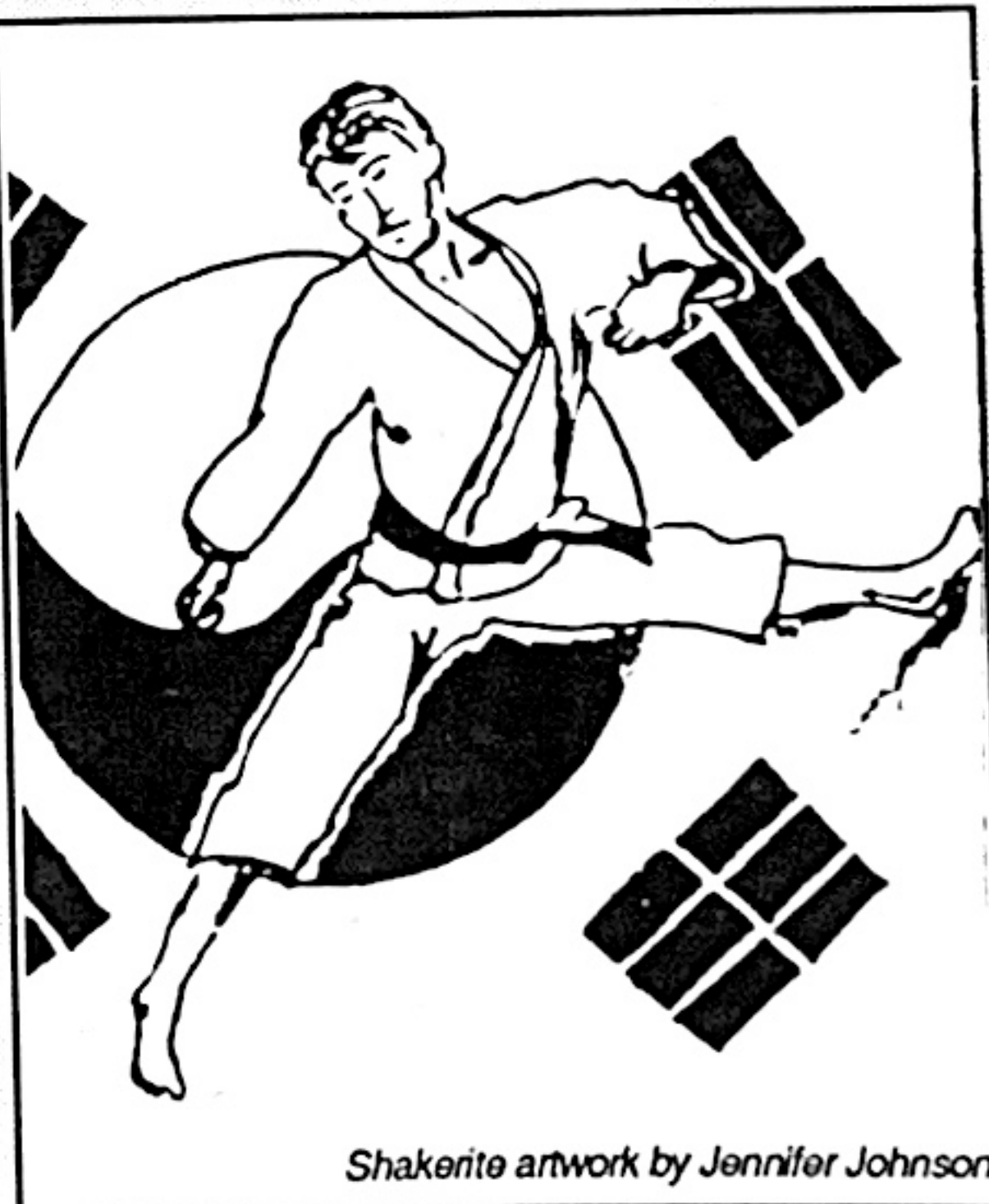
"The belt is a symbol. A black belt really is like the first grade. People often have the misconception that because you're a black belt, you're an expert.

Everything prior to that is pre-school," McIntyre said.

Perhaps McIntyre is underestimating his ability, because for the past two years he has held the state Tae Kwon Do title in the middleweight division, and he has gone to the national tournament the past four years. Last year he placed fifth, but this year he expects to win.

"I enjoy being able to compete and test my skill against another individual's skill just for the fun of it," he said.

McIntyre said that he enjoys Tae Kwon Do because, unlike other sports such as football, it is an individual as well as a team sport.



Shakerite artwork by Jennifer Johnson

Not only does McIntyre play sports, he is also interested in music. In college he played the bass guitar in a band. Although he is no longer in the band, McIntyre said he still enjoys plugging in his amplifier and playing just for fun.

One of his proudest achievements was singing songs first performed by Paul Robeson in a spring concert at the Middle School a few years ago. McIntyre said he admires Robeson, a performer and civil rights activist, for his determination and achievement.

Students know McIntyre best for his teaching. He did not decide to become a

teacher until he was in college, although he had always had an interest in learning. McIntyre said that he enjoys teaching because he is always learning something from a class or a student. McIntyre's plans include furthering his education.

"I probably would consider myself a professional student," he said. "Your life is a learning process, and if you ever stop and not realize it, in essence you are a sleepwalker."

Although he looks for opportunities in each day, McIntyre admits that he passed them up before. His biggest regret was that he never asked Rhonda Cooper, a girl in his high school class, to go out with him. McIntyre said he now always tries to "seize the day."

"Every day is precious because every day is closer to your last. No one's promised tomorrow," he said.

This ability to persevere is the quality McIntyre lists as his best, inspired by a quote in his high school wrestling room, "The will to win will win."

"Whatever it is that you are doing, you want to make sure that it's what you enjoy, and you're trying to be your best at it," he said. "You're hoping to make a difference in some way, shape, or form in your own life or the lives of other people."

Womens track team continues to shine

At their first home meet in five years, the womens track team defeated Cleveland Heights, a team that has gone undefeated in the league for the past eight years. At the 12th Cardinal Relays at Mentor High School Friday, the team placed third behind Magnificat and Cleveland Heights, and edged out Beaumont. The team placed second in the sprint medley and 4x200, and placed third in four other events.



New varsity players have skills but lack experience

BY MARK SMITH
Sports Editor

Inexperience has not kept at least one team from working hard toward a successful season.

Despite the fact that most players have just begun to play at the varsity level, softball coach Lori Anthony said the varsity softball team has still managed to hit about .300 and to pull out a record of 2-1 in the league and 2-6 overall.

They have also maintained a successful season even though, according to Anthony, only two seniors have returned this season and both of the team's starting pitchers have just begun pitching at the varsity level.

"We have two new pitchers, [sophomore] Krysten Dean, who just started pitching this year, and [senior] Heidi Jacobson, who played tennis the last three years and who hasn't pitched since Middle School," Anthony said. "[They're both doing] very good."

Anthony said the team's problems stem mostly from inexperience.

"Defensively, we've made quite a few errors this season," she said. "The errors aren't a reflection of our fielding abilities. We have a situation where a majority of our team, the whole outfield, and [most] of the infield, are new players."

Nonetheless, Anthony said the new players are reacting well to play at a higher level.

"The kids respond well," she said. "They know that they are a better team."

Senior co-captain Nicole Strachan the team has more than enough ability to play, but sometimes lacks confidence.

"We have a lot of ability in terms of hitting and fielding," Strachan said, "but we get into trouble with our confidence, since we haven't had the experience."

Anthony said the senior captains, shortstop Kim Weisman and third baseman Strachan, and junior captain and catcher Chantal Deuel, help keep the players together on the diamond.

"My two returning seniors and captains are doing a great job of keeping people focused," Anthony said. "They're working very, very hard [and are] good leaders."

Anthony said the team has improved significantly from the beginning of the season. During spring break, the team lost 29-0 to Magnificat. Many fans, including seniors Andy Federer, Chris Brown and Andy Barnett seemed disappointed after such a heavy loss.

"We are three die-hard softball fans," Federer said, "and this is the worst moment of our lives."

Anthony said, however, many junior varsity players had to come on the field that week to replace vacationing varsity members.

"We lost two of our games over break, [both non-league]," she said. "There were more JV [players] here than varsity. We were playing against Madison and Magnificat. And the [JV] kids were used to playing slow-pitch softball."

The team's only league loss was against Parma, a game that Anthony said Shaker should have won. The team beat Shaw and Lakewood in the league. They play at home Wednesday at 4:15.



CRACK OF THE BAT. Junior Chantal Deuel is a member of a team with two returning seniors. Shakerite photo by Jason Hamilton

Hockey players represent Ohio in national tourney

SPORTS BRIEFS

Winning the state hockey title may have been a greater reward than most think. In Chicago April 14, four Shaker players had the state recognition necessary for placement on an all-Ohio team in a national hockey competition, joining some of the premier hockey players in the nation.

Competing on Team Ohio were seniors Chris Brown, Ari Chopra, Scott Frerichs, and one of next year's captains, junior Dan Glasson. Team Ohio placed an impressive second in the tournament, losing to Team Michigan 2-1 in overtime of the national championship game.

The team finished the tournament with a 4-2 record. Their games included a tough 6-3 overtime victory over a favored Team Massachusetts to reach semifinals.

Brown, the goalie for Shaker this year, said the victory gave Ohio's school hockey programs needed recognition.

"All along they've said Michigan, Massachusetts and Minnesota are the hotbeds for hockey," Brown said.

"We've proved them wrong... We put Ohio on the map."

Joel VanArsdale

Gates gains national recognition as pitcher

Senior varsity pitcher Richard Gates is getting national recognition.

Gates received recognition in USA Today and was interviewed for Sports Illustrated after the varsity baseball game against Kenston April 1. In the game, Gates struck out 20 of 21 batters he faced. His record is now 3-1, 11-7 in his career.

Coach Charles Longo said that despite other pitchers having better records on the team, Gates is the primary starting pitcher on the team.

"[Gates, since he was a sophomore,] has pitched in every big game we've had," Longo said. "The most impressive figure [has been his] strike out to walk ratio."

That ratio is 55 strikes to 12 walks this year. Gates, with 120 innings pitched, has 151 strike-outs. He has a 1.96 ERA so far this year.

The baseball team has compiled a 10-4 overall record and a 5-1 LEL record, good for second place in the league.

Mark Smith

Team wins more than expected

BY MARK SMITH
Sports Editor

Players and coaches take wins anyway they can, even if they come more easily than expected.

The mens tennis team is winning more as a team than coach Allan Slawson believed they would this year.

"We won more easily than I would have thought this year," Slawson said. "Within the individual matches, [other team's] aren't very competitive. Maybe we are a little better."

The tennis team has won the LEL six years in a row. Slawson said the team is the favorite to win the LEL. Shaker is thus far undefeated in the league, with a record of 3-0, though Lakewood is the other undefeated LEL team.

Normandy was undefeated until Shaker beat them Friday 4-1. The team will play Lakewood May 10.

In regard to tournaments, the sectional may be the team's to lose.

"The last three years, two of our doubles teams have played each other in the sectional final," Slawson said. "This year, [seniors] Stuart Wine and Jeff Ngo are [our] very strong regular first doubles team... At second doubles, [sophomors]

Ryan Smith and Kevin Cole are both undefeated for the season."

Wine said he and Ngo have a good chance to reach the state tournament.

"Jeff and I have an excellent shot," Wine said. "We're one of the better teams in the area."

Slawson said he sees Ngo and Wine easily making the district round of matches.

He said all members of the team are performing well this year.

"No one on the team has lost more than one [match]," Slawson said. "We're one of the best in the area."

Slawson said he sees a doubles team formed by first singles player and senior Ramin Pirouz and freshman Dan Young, the second singles player, as a possible state qualifying duo. But Slawson said Pirouz is in the process of deciding whether or not to play singles or doubles at sectionals.

Wine said Pirouz would probably try for singles.

Shaker's only loss this year was against Lexington 3-2. The team is currently 9-2 overall, 3-0 in the league.

Wine said Lexington was the only team to which he and Ngo and the rest of the team could conceivably lose, with the possible exception of University School, which the team will play in post-season.



READY TO SERVE UP A VICTORY. Senior Jeff Ngo is a member of the first doubles team that expects to go far in the tournaments. Photo courtesy of the Gristmill

Track membership grows

BY MARGARET SAWYER
Staff Reporter

Just because you lost 94-38 at your first home meet since 1987 does not mean you stop trying to qualify for tournament play.

At least that is the philosophy of mens track coach Charles Richard and his team, with an overall record of 3-3.

The team lost to Cleveland Heights at their first home meet in five years. Shaker's leaders at the meet included Ronnie McCannon in the 400-meter sprint, Brandon Bauer in the pole vault,

Andre Kyle and Shawn Wright in sprinting and junior Ryan Holliday in distance.

Last week Tuesday, the team lost to Shaw and won against Parma. At invitational meets, the team placed 16th at Medina and 21st at Lakewood and at the Bellaire Relays.

Senior David Apple said the team has improved in sheer numbers.

"Last year we had about 12 people at the end of the season," Apple said. "This year... [there are] between 30 and 40 [people] on the rosters."

Holliday said the addition of new members adds more balance and depth to the team's abilities.

Womens lacrosse third in state

BY JEFF JABLOW AND
MARK SMITH

Staff Reporter and Sports Editor

Another great season is expected for the spring season's largest womens team.

The lacrosse team is off to a 6-2 record.

"Our lacrosse team seems to be doing very well this year," sophomore Ftimah Ilahi said. "I think we will have a great season."

The team has five senior captains, including Margaret Nix, Jessica Morton, Katie Andrews, Amy Kalan, and Demi Lakshmanan.

Kalan said two freshman players, Jennifer Webb and Tonia Porras have performed very well this year, and are the future of the team.

"They have a chance to be All-American by the time they're juniors, maybe even sophomores," Kalan said.

The high scorers on the team are Webb, senior Jessica Morton, junior Caroline Ticcini, Lakshmanan and Kalan.

Coach Griffith said the strengths of this year's team are their speed as well as their unselfish play.

Senior defensive wing Margaret Nix said Shaker is an all-around strong team.

"We have a strong coach," Nix said. "Our defense and offense are strong. We play well together as a team."

Griffith said the weakness of the team is their lack of mental intensity.

"We have to break through to a higher level of play to be able to beat the Hathaway Browns and the Western



I'VE GOT IT! Senior Amy Kalan and junior Lindsay MacDonald race for the ball at practice.

Photo courtesy of the Gristmill

Reserves," Griffith said.

"Hathaway Brown and Western Reserve Academy have been our hardest opponents both mentally and physically," Nix said.

The team narrowly lost to WRA 8-7 last week.

"We have never come that close [to winning against WRA,]" Lakshmanan said. "Last year, they beat us by at least 10 goals."

WRA is the second ranked team in the state, Shaker is third. Hathaway Brown is first in the state. Lakshmanan said the rankings were determined by the Andrews Tournament, held April 16-17.

There is no state championship in womens lacrosse. There are big and small school tournaments. Shaker is involved in the big school tournament which is being held in Worthington, a suburb of Columbus, May 22 and 23. Teams from around the Midwest gather for the tourna-

ments. Last year the team placed 12th out of 12 teams in the Division I, or large school, tournament.

"We have a good chance to win the big school tournament because Hathaway Brown and Western Reserve Academy won't be there," Griffith said.

"I believe our team can pull through to win," Nix said.

Private schools generally play in a small school tournament.

Six Shaker lacrosse players were picked to be on the Midwest national team for the National Tournament of womens lacrosse to be held at Ohio Wesleyan University May 29.

"It is really competitive [to make the team,]" Lakshmanan said.

Kalan, Lakshmanan, Morton, Nix, junior Lindsay MacDonald and Ticcini were chosen.

The team plays second ranked WRA tomorrow at home at 4:30.

Experienced players injured, leave team

BY MICHAEL BECKER AND MARK SMITH

Staff Reporter and Sports Editor

Inexperience and injuries are hurting a team used to success.

Two seniors, Scott Frerichs, who was supposed to be a key contributor this year, and captain Jason Cohen are both injured. Frerichs has not rejoined the team, and Cohen has returned with a broken ankle.

Coach Ken Kirtz said inexperience is a problem as well. Only three seniors are on the team, Brendan Sheeran, Jack Shelley and Cohen. He said because many of Shaker's players are freshmen and sophomores, the team is smaller in size than some of the older teams in the division.

Kirtz also said several key players from last year's mens lacrosse team have either graduated or have eligibility problems because of grades or absences.

Shelley said problems with eligibility are hurting the team.

"If they're not allowed to play, it certainly hurts us," Shelley said.

Coach Ken Kirtz said the team, despite its difficulties, would not fold.

"I would expect [to finish] somewhere around .500," he said.

Shelley said the team is neither bad or excellent.

"We're a fairly good team," Shelley said, "not at the top, but we're not at the bottom either."

Kirtz said the team's strength lies in their attack.

"The defense is [another strong area,]" Shelley said. "The midfield is the weakest."

The team's leading scorer is junior Dan Glasson. Kirtz said the team's leaders are junior attacker Dan Glasson, junior defensiveman Will Glasson, junior midfielder Dan Netzer, and senior defensiveman Jack Shelley.

Kirtz said the top teams in this area include St. Ignatius, in Division I, where more than 115 kids tried out for the team, and Wooster, which is in Division II with Shaker.

So far the team is 1-4, and has lost two games in a row, but the players think that their record can change for the better in the games to come.

"We're coming together as a team," Cohen said. "We've got a lot of young guys who are getting a lot of experience, so we can pick up some wins."

Sophomore Ben Lind, who starts in goal for the team this year, agreed.

"We have a lot of good, strong players ready to take on the responsibilities that the old players left," Lind said.

Shelley said the team's new face was shown in their game against Hudson, which they lost 5-4.

"We played our very best game against Hudson," he said. "We were down by three at the half, and then we tied it up in the first couple minutes." in

Womens track team best in league

BY MARGARET SAWYER AND
MARK SMITH

Staff Reporter and Sports Editor

Imagine winning the school's first home track meet since 1987.

That is what the womens track team did, defeating Cleveland Heights in a dual meet April 14. Cleveland Heights has been undefeated in the LEL since 1985 until that game.

Coach Henry Woodard is not surprised with the team's performance this year, including beating once invincible Cleveland Heights.

"We thought we could beat them and we did," Woodard said. "This is the best team we've ever had because we have more depth and we have some really good performers. In the past we've had one or two standouts, but this year we've had more standouts than we've ever had. We're solid from the first event to the last event [in running]."

Junior Lindsay MacDonald did the best for the team in the long distance. MacDonald won the 1600 and 3200-meter races. Freshman Angie Agnew won the 100 and 300-meter hurdle races. Agnew and sophomores Heather Hanson, Tracy Scott and B.J. Long won in the 400 relay.



RACE TO THE FINISH. Members of the track team are celebrating their most successful season in years.

Photo courtesy of the Gristmill

Hanson said the team's attitude helped against Cleveland Heights.

"I think the main difference was our whole approach to meet," Hanson said. "We were stretching together, we were warming up together and we were both focused and serious."

"We had the right mindset going into [the game,]" junior Julie Nemicek said. "Everyone had really positive thoughts."

The team now has a 5-0 record overall, 4-0 in the league. Last week Tuesday, Shaker defeated Parma 90-30 and Shaw 100-28 in a three team home meet. The

team swept both Parma and Shaw in the 200-meter and 100-meter sprints, and in the 100-meter hurdles and 300-meter hurdles. Hanson won the 200, Long the 100 and Agnew was the hurdler. The team also swept all of the relays against Parma and Shaw.

The new track has also added to the success of the team this year.

"The other [track, at Woodbury,] was a cinder leg and we all had minor injuries and pains from running," Hansen said. "This year we haven't had [so many] problems... because of a better track."

RED RAIDER WRAP UP

Mens Track

RECORD: 3-3
Cleveland Heights Invitational meet on May 15.

Womens Track

RECORD: 5-0
LEL RECORD: 4-0
Willoughby South Relays Saturday.

Baseball

RECORD: 10-4
LEL RECORD: 5-1 (second place)
NEXT HOME GAME: Today at 4:15.

Softball

RECORD: 2-6
LEL RECORD: 2-1
NEXT HOME GAME: Monday at 4:15.

Mens Lacrosse

RECORD: 1-4
NEXT HOME GAME: Today at 4:30
against Western Reserve Academy.

Womens Lacrosse

RECORD: 6-2
NEXT HOME GAME: Next week
Thursday at 4:30 against WRA.

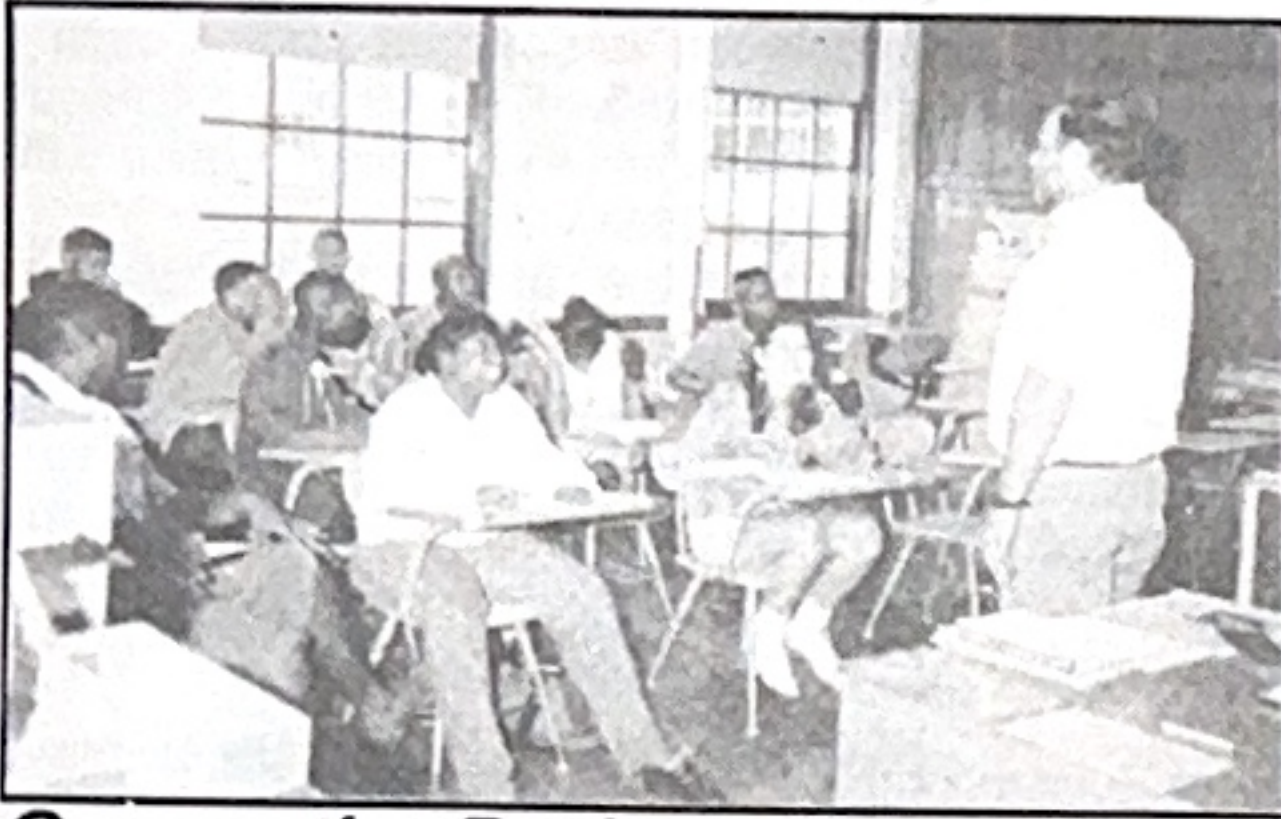
Mens Tennis

RECORD: 9-2
LEL RECORD: 3-0 (tied for first place)
NEXT HOME MATCH: Today at 4
against WRA.

LAST MATCH: Shaker defeated Normandy 4-1. Normandy then dropped to second place in the league. The team is now tied with Lakewood in the LEL. Both teams are undefeated in the league.

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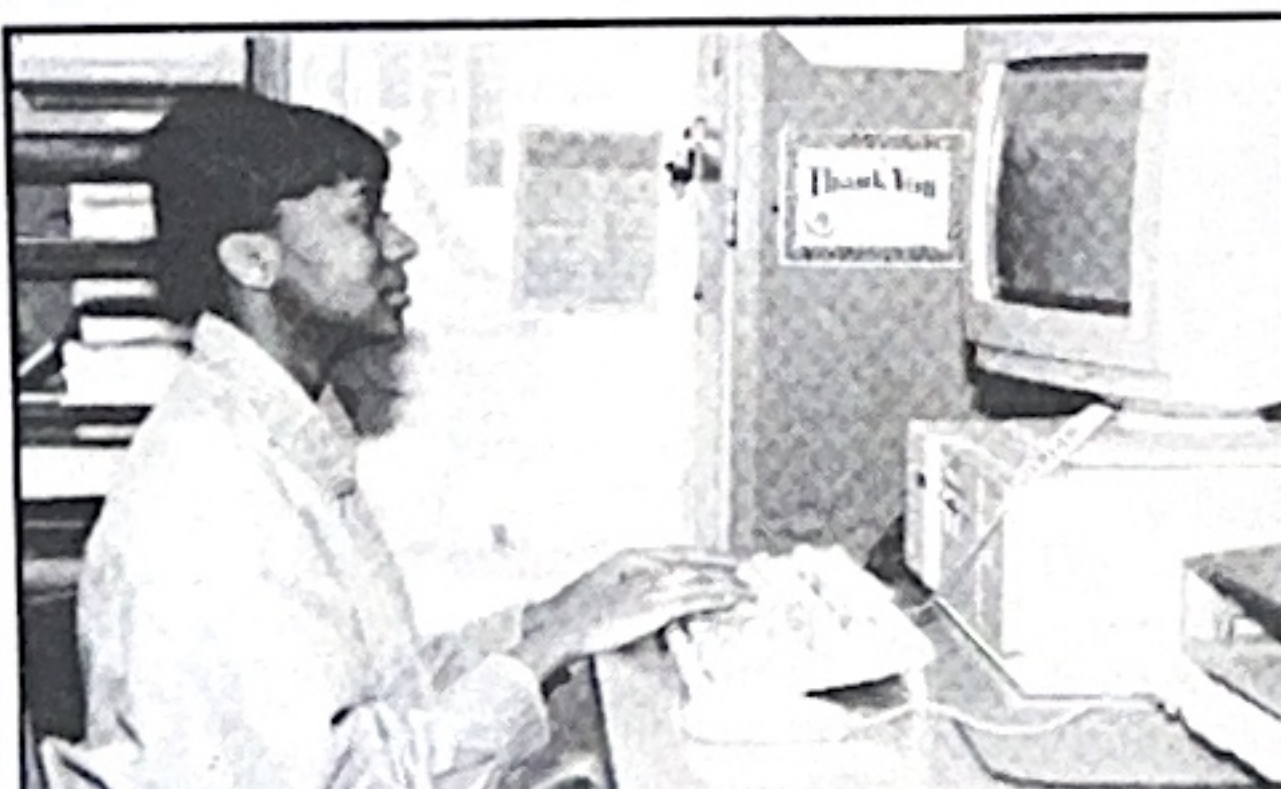
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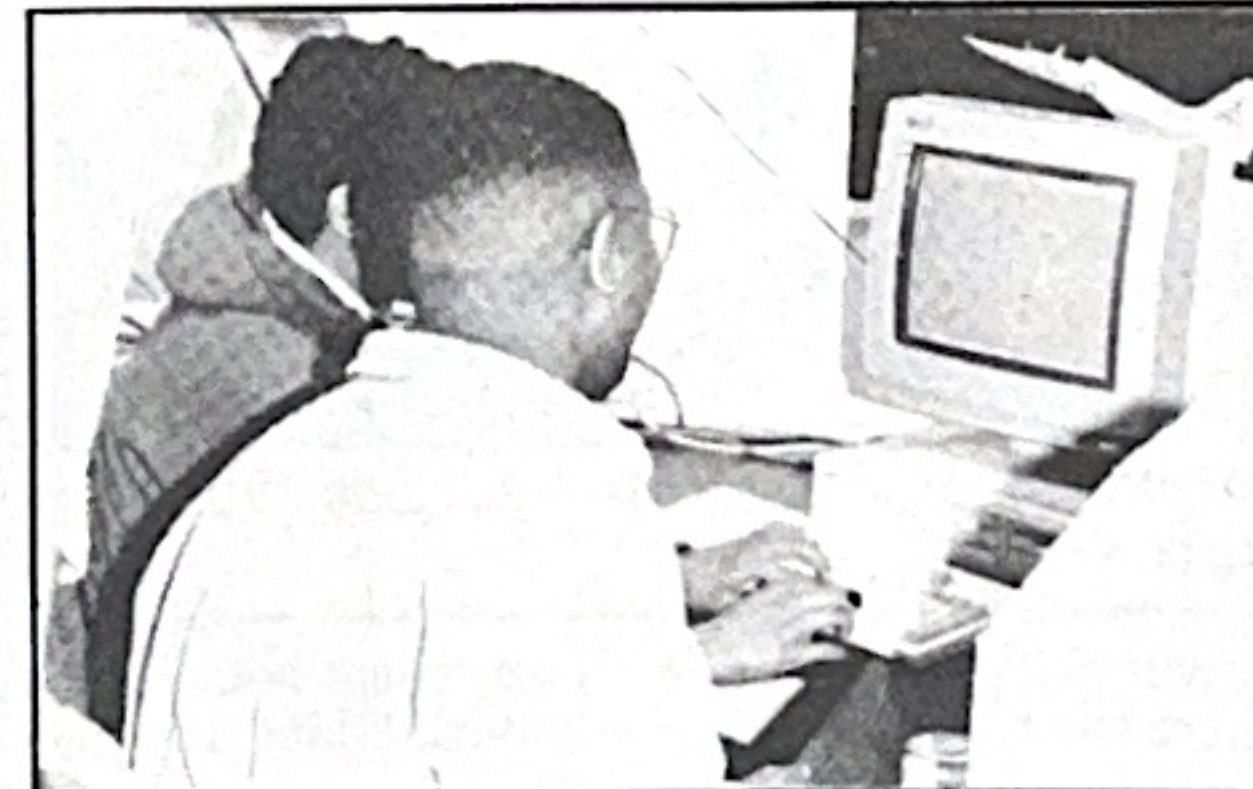
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